



A Sustainable Procedure For Gynaecological Disorders Outlined: Uttar Basti

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ABSTRACT

In today's fast and competitive world, many gynaecological cases are rapidly style, faulty food habits, depression, addiction and loss of mental peace. In Ayurveda, increasing because of sedentary life *sthanika chikitsa* (local therapies) are specialized treatment procedures for women. The procedures basically deal with the disorders of *tryavarta yoni* (three coverings of vagina). Among them *Uttarbasti* is an important and a unique Ayurvedic procedure. It is mentioned for the genitourinary disorders of both, the males and the females. Vitiating of *vata* is mainly responsible for *yoniroga* and *artav vikar*. *Basti* treatment stands best in *vata shaman chikitsa*. In this study, *uttarbati* is reviewed through ancient text and an effort is made to understand the concept of *uttarbati*.

KEYWORDS: *Ayurveda, sthanika chikitsa, uttarbasti, gynaecological disorders.*

INTRODUCTION

For *Chikitsa* of any *Roga* in *Ayurveda*, there are two. Two primary *Ayurvedic* approaches are available for *Chikitsa* of any *roga*: *Shaman Chikitsa*, which involves medicinal treatment, and *Shodhan Chikitsa*, which involves bio-purification treatments such as *Panchakarma*. Several of the *Ayurvedic Stree Rog* (gynaecology) *Tantra Chikitsa* (local therapies) are described by our ancient *Acharyas*. The main practices covered by *Sthanika Chikitsa* are *Uttar-Basti* (insertion of medicated oil or decoction through the vaginal canal), *Yoni Dhawan* (cleaning of the vagina), and *Yoni-Pichu Dharan* (insertion of tampons soaked in medicated oil or liquid). *Yoni Dhawan* is defined by ancient texts and is examined in terms of its definition, application sites, duration of time, indications, and procedure. The Standard Operating Procedures (SOP) of *Uttar Basti* is also given.

Uttarbasti

In all *Panchakarma* therapies, *Basti* is *pradhaan* due to its different actions. Among the type of *basti*, *uttarbasti* has some special quality, so it is nominated as "uttar" i.e. "shreshtha".

There are three reasons behind this terminology

1. It should be given after *Niruhabasti* (*Niruhat Uttarena*)
2. It is given through urogenital passage (*Uttarena Va Margena Deeyat*)
3. It is superior in qualities (*Shreshthagunatva*)

Uttarbasti Yantra

It consists of two parts – *Bastiputak* and *Bastinetra* (*pushpanetra*). *Bastiputak* should be *mrudu* and *laghu*. *Pushpanetra* should be of 10 *angula* in *praman*, *mutrastrotas parinaha* (circumference like urethra) and *mudga chhidra sadrushya* and should be made of silver, gold, Brass, bell-metal, tin. In married women, *bastinetra* should be inserted up to 4 fingers in length. Now a day 5ml syringe without needle and a uterine cannula of a steel material is used.

Dose and duration of uttarbasti

Sneha (oil) or *kwath* (decoction) may be used for *uttarbasti*. Quantity of *sneha* substance or *kwath* to be used for cleaning the uterus should be 2 *prasruta*. *Uttarbasti* should be given consecutive 3 days in increasing dose of *sneha*. As per Acharya *Vagbhatta*, it should be stopped for three days and then again should be repeated for 3 days continuously.

Indications

Uttarbasti Is indicated in

- For conception (*GarbhamYonih Tada*)
- To pacify *Vata* (*JiteVayuh*)
- For urinary bladder disease (*Bastijeshu Vikareshu*)
- Uterine prolapse (*Yonivibhramshajeshu Cha*)
- Severe Pelvic pain (*Yonishuleshu Tivreshu*)
- Gynecological disorders (*Yonivyapada, Yonivyadhim*)
- Menometrorrhagia (*Asrigdara*)
- Menstrual disorders (*DushtamShonitam*)
- Menorrhagia (*Pushpodrekam*)
- Pathological amenorrhoea (*TasyaNasham*)
- Dysmenorrhoea (*Kashtam*)
- Anovulatory Menstrual Cycle (*Artava vikar*).
- Dysfunctional Uterine Bleeding (*Asrugdar*)
- Urinary diseases (*Mutradosham*)
- Retention of urine (*AprasravatiMutre, Mutraghata*)
- Incontinence of urine (*BindumBindumSravatyapi*)
- Urinary calculi (*Sharkara Ashamarim Cha*)
- Groin pain (*Vamkshana Shula*)
- Retention of placenta (*SamsathatimApara*)
- For all reproductive tract disorders (*Rogeshu Narinam Yoni Garbhashayeshu Cha*)
- Infertility (*Vandhyatva*)

Contraindications

- Genital tract in girls (*Balanam Apatya Marge Na Diyat va*)
- Acute endometritis
- Vaginitis
- Cervicitis
- Cervical erosion
- Salpingitis
- Uterine prolapse
- Carcinoma of cervix
- Pregnancy
- Intrauterine contraceptive devices
- Heavy bleeding
- Vesico-vaginal fistula
- Hypersensitivity
- HIV
- Hepatitis B

Time of Administration of Uttarbasti

Ideal time for the administration of *uttarbasti* is **Rutu Kala** (the very next day of stoppage of bleeding phase of menstrual cycle), because In *Rutukala*, as orifices of uterus remain open in this period, thus receives *Sneha* easily.

Pharmaceutical form of Medicine

Medicated or plain oil/ghee, decoction are the pharmaceutical form which is advised by ancient Acharyas.

Procedure of Uttarbasti

Now a day, *Uttarbasti* told by classics is being practiced after making several modifications. From its indications to contraindications, instruments to method, everything has been modified to a great extent. And only *Snehana* type of *Uttarbasti* is in practice. The *uttarbasti* procedure is carried out in three stages

- a) *Poorva karma*
- b) *Pradhan karma*
- c) *Paschata karma*

Poorva karma (Pre-operative Procedure)

- Routine laboratory and systemic examination should be carried out prior to the procedure.
- Stomach, rectum and bladder should be empty.
- External Genitalia is ensured as clean.
- Oil (*Vatashamaka Taila*) massage at lumbosacral and lower abdominal area.
- Fomentations with hot water bag or *Nadi Sweda* over lumbosacral and lower abdominal area.
- Vaginal douche (*Yoni Prakshalana*) with 500ml of antiseptic *Kwatha* like *Panchvalkala kwatha*, *triphala kwatha* etc. is administered with all aseptic precaution.
- Patient kept in O.T. after vaginal douche.

Pradhan karma (Operative Procedure)

Position: Lithotomy

- External genitalia and vagina are washed with warm antiseptic lotion.
- Cover the External genitalia and thighs with towels.
- Bimanual per vaginal examination.
- Sims' speculum is inserted the cervix is visualized and grasped by Allis forceps.
- Cervix is washed.
- Sounding is done for cervical dilatation and position of the uterus.
- Medicated oil or *ghrita* 5 cc in syringe is attached with cannula.
- Cannula is inserted through external os up to internal os of cervix.
- The medicine is pushed into uterine cavity very slowly.
- Actual procedure of instillation takes minimum 10 min.
- At the time of instillation give mild head low position.
- Instilled medicine comes out slowly after procedure.
- Remove the cannula and Allis forceps.
- Put the gauze piece in the vagina.
- Remove the speculum and towels.

Paschata karma (Post-Operative Procedure)

- All instruments were removed slowly and Perineal towels taken away.
- Patient was advised to extend and twist her legs, head low position given for 15 minutes.
- Pulse and blood pressure recorded for two hours.

Give hot water bag for fomentation one hour after *Uttarbasti*.

- It is important to watch and observe that the *basti dravya* was expelled out properly or not and then a sterilized gauze piece kept into vagina and patient was advised to remove it after 2 hours.
- Light diet
- Complete rest for 3 days
- Withheld from exercise, sexual intercourse, cold substances, heavy meal, rough travelling.

Possible Complications

- Cervical laceration
- Endometrial trauma
- Endometriosis
- If procedure is done with high pressure or dose of medicine is more, the uterine distention will occur.
- Due to uterine distention sever pain in lower abdomen, backache, shoulder pain will occur.

Probable Mode of Action of Uttarbasti

Mode of action of *Uttarbasti* lies not only in the *Pradhana Karma* but also in its *Poorva Karma*.

Mode of action of *Poorva Karma* in *Uttarbasti*

Snehana and *Swedana* are very important procedures used before any *panchkarma* procedure. *Uttarbasti* mainly deals with the *ApanaVayu*. *Snehana* and *Swedana* prior to *Uttarbasti* do

- *Vata Anulomana*
- Relax the Abdominal muscles
- Lessen the pain during and after procedure

Yoni Prakshalana done prior to *Uttarbasti* with *Kwatha* of antiseptic property nullifies the possibility of any type of infection as a complication.

Mode of action of *Pradhana Karma* in *Uttarbasti*

- Intra vaginal *Uttarbasti* helps in removing the infections, if given with antiseptic drugs.
- Intra vaginal *Uttarbasti* may also facilitate the absorption of drug, as posterior fornix has a very rich blood supply and it may also act as reservoir of drug, when patient is lying down in head low position after *Uttarbasti*.
- Intra cervical *Uttarbasti* with oil-based drug helps to remove the cervical stenosis and to restore the function of cervix in conception and helps to treat dysmenorrhoea caused by stenosis.
- Intra cervical *Uttarbasti* with drugs may stimulate the secretion of cervical mucus leading to ascent of sperms *bhrimhana* in uterine cavity.
- Intra uterine *Uttarbasti* with *Ghrita* based *Snehana* and *Brimhana* drugs helps in rejuvenation of endometrium, poor endometrium is causing infertility or scanty menstruation.
- For tubal factor of infertility, a high intra uterine *Uttarbasti* with *Lekhana Dravyas* acts in two ways. It removes the blockage of tubal lumen by directly acting on obstruction mechanically and restores the normal function of tubal cilia by stimulating it. As endometrial covering is continuous in the tubes, its scraping and regeneration also leads to normalization of tubal functions.

CONCLUSION

Uttar Basti has a significant impact on *Tryavarta Yoni* diseases and produces amazing results when used carefully, strictly according to aseptic guidelines, and with the right recommendations. The *Uttar Basti Dravya* is carried to the intended locations (all layers of the uterus, fallopian tubes, and ovary) via the network of *Strotamsi*, which are found throughout the system, when *Sukhoshna* (lukewarm) *Sneha / Kwatha* enters the uterine cavity. Based on the aforementioned research, it can be stated that *Uttar Basti* is an extremely beneficial off-course intervention and local treatment for a variety of stree rogas (gynecological problems) leading to positive results.

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