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Matra Basti- Mode of Action-A Conceptual Study

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ABSTRACT:

The five-bio cleansing/detoxifying procedures (Panchakarma procedures/ *Samshodhan Chikitsa*) advocated in Ayurveda are *Vaman* (Therapeutic emesis), *Virechan* (Therapeutic Purgation), *Basti* (Medicated Enema), *Nasya* (Infiltration of medications through nostrils), and *Raktamokshana* (Bloodletting by different methods). The therapeutic oil or herbal decoction is administered through the anal route in Basti Karma. Ayurveda considers Basti Chikitsa to be one of the most important Panchakarma treatments. It contains both therapeutic and preventative as well as promotional properties. This Basti therapy also helps to relieve tension in the body and mind, hence improving one's quality of life. The rectum is used to administer herbal decoctions and therapeutic oils to the colon. It is not a localised or symptomatic treatment, despite the fact that it directly affects the colon. *Vatahara*, *Shulahara*, *Shothahara*, *Srotoshodhaka*, *Yogavahi*, *Agnideepaka*, and *Rasayana* are some of the roles that *Basti Dravyas* can play. *Matra Basti* is an oil/unctuous substance-free therapy. *Abhyanga* (therapeutic oil massage) and *Swedana* are performed before to it (sudation). Human is the king of the castle (body) so he has to make the decisions how to convert it into more beautiful and healthy state along with its prevention from the rust of impurities. The current article summarises the ayurvedic perspective on *Matra basti* and its mode of action.

Key Words-*Basti, Matra basti, Mode of action*

INTRODUCTION

Ayurveda's Panchakarma therapy is a composite and unique therapeutic system. One of the most successful Panchakarma treatments is Basti Chikitsa, or Medicated Enema Therapy. *Matra Basti* is a specific type of Basti.¹ The word '*Basti*' or '*Vasti*' literally means bladder. Animal bladders were used to execute this surgery in the past. As a result, the method is called Basti Karma.² Basti karma can be seen of as a type of therapeutic enema. Medicated

decoctions, ghee, and oil are delivered in the body through anus using a particular device designed for the Basti process.³ Basti is a therapy that churns up the stool, including all other morbid matter found there, while moving in the umbilical region, lumbar region, sides of the chest, and pelvic region, and suitably eliminates them with ease after nourishing the body. Basti literally means "one who keeps the urine," referring to the urinary bladder.⁴ *Basti* have been classified into different varieties based on the sort of substances used and the amount of *Basti*. The medicines/ingredients used in Basti Karma are chosen



based on the severity of the sickness and the patient's condition.⁵ Matra Basti is subtype of *Anuvasana Basti*⁶. It is given in extremely little doses, making it incredibly convenient in today's world. *Matra Basti* is regarded safe and effective in many cases where other forms of Basti are contraindicated, according to all Acharyas. It is used to treat a variety of *Vataja* diseases.

MATERIAL & METHOD

Material related to *Matra Basti* is collected from Ayurvedic text including Bahatriye, Laghutrye, text book of modern medicine and medical journals respectively. The available commentaries of Ayurvedic sahitas has also referred to collect relevant matter.

Conceptual Study

Matra Basti

Matra vasti is a type of *sneha vasti* – fat enema. It has received high recognition for its vast and multi-faceted application. *Matra vasti* is half the dose of *anuvasana vasti*, i.e. half of three pala or twelve tola. As a result, the *matra vasti dose is 12 pala or 6 tola (72 grammes approximately)*. According to Charaka and Vagbhata, the dose of *matra vasti* should be equivalent to the dose of *hrisva sneha matra* (minimum dosage of oral consumption of *sneha*).⁷

Types of Basti

Basti Karma is broadly divided in two types according to the consistency of the drugs *Sneha Basti (Anuvasan)* and *Niruha Basti (Aasthaapana)*.⁸ In *Sneha Basti/ Anuvasan Basti* i.e. in this type medicated Oil/ Ghee, lipids are used, word *Anuvasan* indicates “To stay”, the administrated medicines stay inside for a longer duration, but still do not cause any untoward problem.⁹ In *Niruha Basti/ Aasthaapana Basti*, decoction of medicinal plants is the main content wherein other ingredients like honey, salt, lipids & other drugs are incorporated to form a colloid or a suspension. Word *Niruha*, indicates “To eliminate” or eliminate morbid Doshas or Disease from body, & its synonym word “*Asthapan*” indicates “establish life span & age (Su.Chi 35/38).¹⁰

Indication of Matra Basti - Table 1: Showing Indications for *Matra Basti*

Contra indication of Matra Basti- Table 2: Showing Contra Indications for *Matra Basti*

Mode of Action

The nominal mucosal surface area of the human colon is around 2000 cm, but the overall absorptive area is much larger because colonic crypt cells can absorb as well as secrete.¹³ The physicochemical qualities, formulation, and

mode of administration of a medicine determine its absorption. Drugs can traverse cell membranes in the rectum through passive diffusion, enhanced passive diffusion, active transport, or pinocytosis. Various globular proteins contained in the matrix can act as receptors, allowing chemicals to pass through the membrane.¹⁴ According to Acharya Chara's "*Bastihi Vataharanam*," *basti* is the greatest treatment for *Vata*. The Basti drug travels to *Pakvashaya* initially (large intestine). *Vatadosha's* main location is *Pakvashaya*. As a result of its activity on the primary site, Basti gains control over *Vata* throughout the body. *Purishadharakala* is located in *Pakvashaya*. *Purishadhara* and *Asthidhara kala*, according to commentator Dalhana, are the same thing.¹⁵ Basti medications also have a direct effect on various kala. The 6th Basti nourishes *MamsaDhatu*, the 7th Basti nourishes *Meda Dhatu*, the 8th Basti nourishes *Asthi Dhatu*, and the 9th Basti nourishes *Majja Dhatu*, according to Acharya Sushruta.¹⁶ As a result, it possesses *Vatasamshamana* and *Rasayana* qualities. As a result, it is excellent in *Vatavyadhis*. As a result of Basti, one can obtain *Vayu dosha Shamana* as well as *Dhatu Snehana*. According to modern medical knowledge, the rectum has a rich blood and lymph supply, and drugs can cross the rectal mucosa like any other lipid membrane in the trans-rectal route. As a result of entering general circulation, the Basti medicines have an effect on the entire body. Basti may have an effect on the neurological system or on gastrointestinal receptors. It may increase local enzyme or neurotransmitter secretion. Basti affects the usual bacterial flora, increasing endogenous vitamin B12, vitamin K, and other nutrients. *Abhyanga* (oil massage) is performed before the *matra basti* to strengthen the muscles. *Snayu* (ligaments), *Tvacha* (skin), and *Raktavahini* are the roots of *Mamsavaha Srotas* (blood vessels). As a result, *Abhyanga* is applied to *Tvacha* and *Snayu*, and it also involves *Raktavahini*. So, at *Mamsavaha Srotas*, there is a direct benefit. *Abhyanga* also nourishes the deeper *er Dhatu*. *Swedana* (fomentation) is *Srotoshuddhikara* (clears up the micro channels), *Agni Deepaka*, *Kaphavata Nirodhana is Srotoshuddhikara* (clears up the micro channels) (antagonist of *Kapha*). Heat administration via *Swedana* may create an analgesic effect by diverted stimuli, and it reduces all *Sthambha* (stiffness).

DISCUSSION

Matra Basti holds a particular place among all the Basti and is highly regarded for its ability to be administered at any moment. There are no complications as a result of it. There will be little risk of issues because the dosage of

Sneha used in *Matra basti* is so minimal. It will stay in the colon for as long as possible and will provide all of the desired effects. There are no limits imposed on *Matra Basti* administrations.¹⁸ While undergoing *Matra Basti*, *no Pathya* (dietary and lifestyle restrictions) is recommended. *Parihara Kala* has not been addressed in relation to *Matra Basti*, as it has been with *Niruha Basti*.¹⁹ In the treatment of *Amavata*, Bhavaprakasha suggests using *Brihata Saindhavadi Taila for Pana, Abhyanga, Virechana, and Basti*. It is also prescribed for the treatment of *Amavata* in Bhaishajya Ratnavali. It is chosen for the *Matra Basti*, the ultimate treatment of *Vata*, since its qualities of *Ushna, Tikshna, Suksma, Snigdha*, and others alleviate vitiated *Kapha, Vata, and Ama*.¹⁹ *Matra Basti*, according to Acharya Charaka, is always relevant to individuals who are emaciated owing to overwork, physical exercise, weight lifting, vehicle travel, and indulgence in women, as well as those who are debilitated and *have Vata* illnesses. *Matra Basti* increases strength without requiring a rigid dietary regimen, as well as facilitating the evacuation of *Mala and Mutra*.²⁰

CONCLUSION

In today's fast-paced world of work and play, poor sitting postures in offices and factories, constant and excessive exertion, and jerky movements during travel and sports all put undue strain on the body, resulting in the most common disorders in the most productive period of life, such as Lumbar disc disease, Sciatica, and paralysis. These illnesses pose little danger to life, yet they significantly disrupt daily life. Modern medicine has treatment options such as analgesics, sedatives, physiotherapy, and surgery, but the recurrence rate after these treatments is high. It has been discovered that Ayurvedic treatment, particularly *Matra Basti*, is a better option for such disorders because it promotes strength and is simple to administer.

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Table 1: Showing Indications for *Matra Basti*

Sl. No.	Indications ¹¹
1.	<i>Vyayama karshita</i> – those who have got weak due to excessive exercises
2.	<i>Karma karshita</i> – people who are debilitated due to excessive work, strenuous work
3.	<i>Bhara karshita</i> – people who are debilitated due to excessive lifting of Weights
4.	<i>Adhwa karshita</i> – people who are debilitated due to excessive walking
5.	<i>Yana karshita</i> – people who are debilitated due to excessive travelling
6.	<i>Stree karshita</i> – people who are debilitated due to excessive indulgence in sexual intercourse
7.	<i>Durbala</i> – excessive weakness
8.	<i>Vatabhagneshu</i> – people who are suffering from diseases caused due to <i>Vata</i> vitiation

Table 2: Showing **Contra** Indications for *Matra Basti*

Sl. No.	Contraindications ¹²
1.	<i>Ajeerna</i> and Day Sleep
2.	All types of diarrheas, dysenteries, per rectal bleeding
3.	Diabetes
4.	Severe anaemia
5.	Breathlessness, Pulmonary tuberculosis
6.	Hypoproteinemia
7.	Infantile problems
8.	Senile debility, etc