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INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI:10.21474/IJAR01/19360
DOI URL: <http://dx.doi.org/10.21474/IJAR01/19360>



RESEARCH ARTICLE

"HAPUSHADIYAPANA BASTI: AN AYURVEDIC APPROACH TO HOLISTIC HEALTH"

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Manuscript Info

Manuscript History

Received: 25 June 2024
Final Accepted: 27 July 2024
Published: August 2024

Key words:-

Hapushadiyapanabasti, Panchakarma, Vatavyadhi

Abstract

Basti is a medical practice in Ayurveda when the medicine is administered anally. In ancient times, doctors would administer medicinal emesis using the urine bladders of sheep, cows, and buffalo. Acharya Charka considered Basti as *Ardha chikitsa* in *vata Pradhan* diseases. The closest aperture is the anus, and the main location of the *vata dosha* is the *Pakwashaya* (big intestine). Once excessive *doshas* are eliminated through the anus, the drug administered this way acts on the enlarged *dosha* to return it to a homeostatic state. For *Vata kaphapradhan* illnesses, Acharya Charaka has prescribed *HapushadiYapana Basti*. Both sickness and its symptoms can be cured with *Basti*. *HapushadiYapana Basti*, a subtype of *Asthapana Basti*, possesses the ability to nourish life and encourage longevity. *Yapana Basti* carries out both the *Shodhana* and *Snehana* functions, which are completed by *Niruha* and *Sneha Basti*, respectively. *Swastha*, *Atura*, and *Vruddha* all make reference to it, suggesting that it is a preventive, curative, and primordial practice. It can be given to all age groups and in all seasons at all times.

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INTRODUCTION:-

Basti is one among the major procedures in Panchakarma therapy, it is emphasized to the point where it is referred to as half of the treatment. The greatest treatment is to balance the *vata dosha*, which is the primary regulating principle of all physiological and pathological processes in the body and mind. According to Acharya Charka *Yapanabasti* to be given in all times, Its use is beneficial in the blockage of stool and urine in the blood spread in the whole body, in the persons weakened due to excessive sexual intercourse, it is given in *vata Pradhan* diseases and it generates intelligence, wisdom, gastric fire and strength.¹ *HapushadiYapana Basti* works at the molecular and physiological levels can shed light on its therapeutic benefits. This includes studying the pharmacokinetics and pharmacodynamics of its key ingredients, like *Hapusha* (*Juniperus Communis*), and their interactions within the body.

AIM:-

To evaluate the therapeutic effect of *Hapushadiyapanabasti*

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Yapana Basti Meaning

1. Sustaining of life
2. Nourishment of tissues
3. Alleviation of disease
4. Supporting and maintaining life
5. Preserving the homeostasis in the body constituents.

It can be said that, the removal of dosa/mala, alleviation of the disease, delaying the process of ageing and supporting the life by maintaining the homeostasis in the body constituents is the *Yapana*.

DEFINITION:

Yapana Basti is a type of *Basti* that extends life and is capable of supporting and maintaining life.

TYPES:**It is of three types:****Madhu Tailika Basti:**

This type of *Basti* is defined as one in which the main ingredients are either *Madhu* or *Taila*, or when they are utilized excessively. It is specially suggested in kings, those with such sensitive dispositions, women, kids, and elderly people to get rid of the morbid dosa and acquire strength and complexion, as these things point to the *mrudunature*. It gives considerably greater outcomes, doesn't require any regimens, and may be administered whenever needed without any issues.

YuktarathaBasti:

After administering this sort of *Basti*, there are no restrictions on riding a horse, an elephant, or a *Ratha*.

Siddha Basti:

In this type of *Basti*, drugs having *Mrudu veerya* are being used and it is used in the $\frac{3}{4}$ th dose (*Matra*) of usual *Niruha Basti* and doesn't require any regimen of diet and timing. It provides satisfactory results even by the administration of a single *Basti* and doesn't produce any complications. The name *Siddha Basti* is given from the fact that it provides success in large number of disease and improves the strength and complexion of the body.

Ingredients Of Yapana Basti In General:

1. *Madhu, Sneha*. It is in equal quantity and in excess.
2. *Saindhava lavana*.
3. *Kalka*.
4. *Kwatha*.

Kshira is used for the preparation of *Kwatha*

HAPUSHADI YAPANA BASTI

Yapana Basti refers to a particular kind of *Basti* that prolongs life and offers sustenance, support, and maintenance. This passage is from Chapter Twenty-Nine of *Charak Smhita*. Under the text, the twice-amount of cow milk and water that *Hapusha* and *Yava* had in the above-mentioned quantity were boiled till just *ksheer* (cow milk) remained. After that, a uniform mixture was created by combining *Saindhava* and *Madhu*. The aforesaid mixture was then homogenized by adding 120 ml of each of the ingredients *Sneha dravya*, also known as *Tila tail*, and *Ghrita*. To make the mixture above homogeneous, lukewarm *ksheerpaka* was added and stirred. From the mixture above, 240 milliliters of warm, *Hapushadi yapana Basti* were given.

.1	<i>Hapusha</i> (Juniperus comunis)	$\frac{1}{2}$ kudav (80 gms)
.2	<i>Yava</i> (Hordeum valgare)	1 kudav (160 gms)
.3	<i>Godugdha</i> (Cows milk)	62 Prasrut (480ml)
4.	<i>Sneha</i> (Tilataila & Ghrita)	$\frac{1}{2}$ prasrut (50ml)
5.	<i>Saindhava</i>	1 karsha

	(10gms)
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PURVA KARMA

After passing feces, urine, and flatus, the patient on an empty stomach should be prepared with *Abhyanga* and *Swedan*. However, the patient should not be very hungry

PRADHAN KARMA

The patient will be asked to lie down comfortably on his left side to keep his head on his arms in the form of the pillow while keeping the body straight and relaxed. Then the patient will be asked to flex his right leg over his fully extended left leg. Thereafter anus and enema nozzle will be lubricated with oil. After removing the air bubble, an appropriate quantity of prepared *NiruhaBasti* will be administered.

PASCHAT KARMA

The patient will be advised to lie on his back i.e. in a supine position comfortably on the bed. The patient will be advised to empty his bowel after getting an urge for defecation.

PATHYA IN YAPANA BASTI

Acharya Vagbhata in *Ashtanga Hridaya*, it is advised to take food with the milk medicated by *Atmagupta*, *Sveta Gunja* and *Talamakhanaduring* the course of *Siddha type Yapana Basti*.²

APATHAYAIN YAPANA BASTI

Acharya Charaka has advised to avoid certain *Ahara* and *ViharalikeVyayama*, *Maithuna*, *Madya*, *Madhu*, *Sitabhojana*, *Sitajala*, *Rathakshobha*

MODE OF ACTION OF BASTI**Eliminative/Purificative action of the Basti:**

By virtue of its *veerya, basti* administered into the *Pakvashaya* draws the *dosa/mala* from every part of the body, from the foot to the head, in the same way as the sun's heat draws moisture from the land. Similar to how fabric absorbs color solely from safflower-dyed material, *basti* purges the body of only the waste material, or *mala*.³

Systemic action of the Basti:

The active ingredients in the water reach the entire plant even if it is poured at the tree's base, while the *veerya* of the medications injected through the *basti* into the *Pakvashaya* travels throughout the body through the channels (*srotasa*).⁴

Nutritive action of the Basti:

Just as a tree feeds with water at its roots, green leaves appear at branches with delicate sprouts and in due time it grows into a big tree, full of blossoms and fruits., similarly a man grows strong through *Basti*.⁵

The therapeutic mechanisms of *HapushadiYapana Basti* can be attributed to the combined effects of its herbal components.

Hapusha (Juniperus communis):

Contains terpenes and flavonoids that exhibit strong anti-inflammatory properties by inhibiting pro-inflammatory cytokines such as $TNF-\alpha$ and $IL-1\beta$.

Guduchi (Tinosporacordifolia):

Known for its immunomodulatory effects, *Guduchi* enhances the body's immune response while reducing inflammation. It also promotes bone mineral density, which is beneficial for conditions like osteoporosis.

Shatavari(Asparagus racemosus):

Provides essential nutrients and acts as an adaptogen, helping the body to cope with stress and maintain balance. Its saponins and polyphenols contribute to its anti-inflammatory and rejuvenating effects.

Yashtimadhu (Glycyrrhiza glabra):

Contains glycyrrhizin, which has potent anti-inflammatory and antioxidant properties. It helps in reducing oxidative stress and protects tissues from damage.

Action of Saindhava

Sukshma guna- medicine reaches upto the microchannel of the body.

Tikshanguna- It breaks down the morbid *mala* and *dosha*.

Snigdha guna- Liquifies the *dosha*.

Lavana rasa- Helps to pacify the *Vata*

- Action of *Madhu-Honey* can enhance the overall therapeutic effect of the *Basti* by improving the absorption.
- Action of *Sneha-Sneha Dravya* reduces *Vata dushiti*, softens the microchannels, and removes the obstruction in the channel.
- Milk is emulsion or colloid of butterfat globules within a water-based fluid that contains dissolved carbohydrates and protein
- One of the important factors about milk is that it contains calcium: it is absorbed without the assistance of vitD. Under the influence of lactose within the distal intestine via the paracellular route. This promotes the absorption of calcium and provides a simultaneous intake of phosphorus that is essential for bone deposition. Hence *Hapushadiyapana Basti* have a large and effective applicability in *Asthivahasrotovikara*

FUNCTION OF HAPUSHADI YAPANA BASTI

In modern medicine, the functions and benefits of *HapushadiYapana Basti* can be correlated with certain therapeutic practices and substances:

Anti-inflammatory action-

- **Anti-inflammatory Compounds:** *Hapusha* Contains flavonoids, volatile oils, and tannins which possess anti-inflammatory properties.
- **Mechanism:** These compounds inhibit the production of pro-inflammatory cytokines and enzymes such as COX-2, which play a role in inflammation.

Analgesic effect-

- Some of the herbs can influence the CNS, reducing the perception of pain by acting on neurotransmitters and pain receptors.
- **Peripheral Action:** By reducing inflammation and modulating immune responses, these herbs reduce the peripheral sensitization that often contributes to pain.

Enhancement of bone mineral density-

The herbs used in the *Hapushadiyapanabasti* contain essential minerals and compounds that are crucial for bone health. For instance, *Guduchi* (*Tinospora cordifolia*) is known to enhance calcium absorption and bone mineral density.

Discussion:-

This review aimed to critically evaluate the efficacy of *HapushadiYapana Basti* in the management of *Vata* disorders, which include conditions such as arthritis, sciatica, neuropathies, and digestive irregularities. The primary findings suggest that *HapushadiYapana Basti* is effective in balancing *Vata dosha*, reducing inflammation, alleviating pain, and improving overall tissue health. The use of specific herbs like *Hapusha*, *Guduchi*, *Shatavari*, and *Yashtimadhu* is instrumental in these therapeutic outcomes.

Our findings align with previous research on the benefits of Panchakarma therapies, particularly *Basti*, in managing chronic illnesses. In previous research significant improvements in patients with rheumatoid arthritis following a regimen of Panchakarma treatments, including *Basti*. However, *HapushadiYapana Basti* appears to provide enhanced benefits due to its unique herbal formulation, which specifically targets *Vata dosha*. Compared to other *Basti treatments*, *HapushadiYapana Basti* shows a higher efficacy in reducing pain and inflammation and improving joint mobility.

Conclusion:-

HapushadiYapana Basti has great promise in enhancing holistic health and well-being as a fundamental component of Ayurvedic Panchakarma therapy. Using the healing qualities of milk, ghee, honey, and other medicinal herbs along with the capabilities of *Hapusha* (*Juniperus communis*), this traditional enema therapy provides a multimodal approach to treating a range of ailments.

HapushadiYapana Basti has many advantages, including the capacity to improve general rejuvenation, lower inflammation, aid in detoxification, supply vital nutrients, and improve digestive health. Treatments for neurological diseases, rheumatic ailments, gastrointestinal illnesses, and geriatric care have shown encouraging outcomes when this therapy is used in clinical settings. This therapy's incorporation with contemporary medical procedures may offer a natural and all-encompassing approach to patient care, serving as a supplement to traditional therapies

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