



## RESEARCH ARTICLE

### A PRACTICAL APPROACH TOWARDS UTTARA BASTI IN FEMALES

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#### ARTICLE INFO

##### Article History:

Received 22<sup>nd</sup> May, 2017  
Received in revised form  
14<sup>th</sup> June, 2017  
Accepted 19<sup>th</sup> July, 2017  
Published online 31<sup>st</sup> August, 2017

##### Key words:

Uttara Basti,  
Procedure,  
Modern Approach.

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Citation: Kumar Pankaj, Vinitha, V., Nagar Mayur and Lohith, B.A. 2017. "A practical approach towards Uttara basti in females", *International Journal of Current Research*, 9, (08), 55337-55339.

#### ABSTRACT

Uttara basti is well known panchakarma procedure used to treat various disorders related to the mutrashaya, garbhashaya, yoni vikaras especially in management of male and female infertility. As it gives very significant and effective results in infertility cases, so it is mandatory to know the practical utility to administer the Uttara basti in both males and females. As per Ayurvedic classics procedure of Uttara basti is not clearly mentioned and somehow not feasible in day today practice. So it is needed to understand about the procedure, medicaments and dosage etc.

## INTRODUCTION

Uttara basti comes under the Panchakarma, and in Panchakarma the karma plays the important role. And this Uttara basti is that karma which is not widely practiced by the physician in our country, because of the lack of information regarding its practical approach. Also in samhita, the information regarding this is not much sufficient as per today need. In general it is the procedure in which the medicine is administered through the urethral route or vaginal route. Or it can be defined as the administration of drug through above gudamarga1 (Vagbhata et al., 2012). And on the bases of drug quality it is classified as niruha and sneha basti (Vagbhata et al., 2012).

#### Usually in females, utthara basti done by three ways

- Vaginal douche by kashaya
- Vaginal Uttara basti using sneha
- Uterine (Intrauterine) Uttara basti using sneha

#### And in males Uttara basti done in one single way

Uttara basti by sneha or kashaya

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## UTTARA BASTI IN FEMALES

### YONI PRAKSHALA (Vaginal douche)

As per the classics it is mainly indicated in pittaja yoni vikara, or in general used as a part of poorva karma to the utthara basti. So in the first part where it is mentioned as the chikitsa for pittaja yoni vikara there it act like a pradhana karma, and done for the symptoms related with the pitta dosha like daha, raga, ushma, paka (Sushruta et al., 2014) which can be correlated with cervicitis, cervical erosion, HPV-human papilloma virus, trichomonas vaginalis infection, cervical intraepithelial neoplasia. It is also used as poorva karma i.e. prior to utthara basti, to increase the efficacy and for the better absorption of the utthara basti dravya. Which could be sneha dravya in most of the subject, it is also called as yoni poorana (Acharya Agnivesha et al., 2012), yoni seka (Acharya Agnivesha et al., 2012), yoni parisheka (Acharya Agnivesha et al., 2012), yoni prakshala, yoni dhavana (Acharya Agnivesha et al., 2012).

#### Materials required

- Vaginal douche can
- Cotton gauze
- Savlon
- Sponge holding forceps
- Kidney tray

- Artery forceps

### Drugs required

- Triphala kashaya (Acharya Agnivesha, 2012)
- Ksheera (Acharya Agnivesha, 2012)
- Panchatikta kashaya
- Pancha valakala kashaya
- Aragavadhadi kashaya (Vagbhata *et al.*, 2012)

### Time of administration

According to the condition, mostly in morning hours

### Dose

2 times of sneha basti i.e. 2 prakuncha 1500ml of kashaya

### Procedure

Purva karma: Ask the patient to void the urges before the procedure (Vagbhata *et al.*, 2012). Give snehana and swedana over pelvic and lumbosacral region (Sushruta *et al.*, 2011). Patient should lie in lithotomic position (Vagbhata *et al.*, 2012). Clean the vulva region with the swab dipped in antiseptic lotion. Pradhana karma: Take kashaya in vaginal douche can; confirm nozzle of the can is closed properly. Insert nozzle through vaginal orifice allowing flow of kashaya in all fornices and around cervix to wash out. After complete cleaning, remove nozzle and again swab out vagina with cotton gauze. Paschat karma: Patient will be asked to remain in the same position till she gets the urge to micturate.

### UTTARA BASTI- VAGINAL

Usually used in non infective conditions of vagina and cervix, 1 & 2 uterine prolapse, female infertility, cervical erosion, cervicitis, cervical intraepithelial Neoplasia, endometriosis etc (Sushruta *et al.*, 2011).

### Materials required

- Casco's bivalve speculum
- Sponge holding forceps
- Artery forceps
- Betadine/savlon
- Sterilized gauze
- Syringe upto 25 ml capacity
- Kidney tray
- Medicated sneha autoclaved

### Drugs required

- Bala taila (Vagbhata *et al.*, 2012)
- Saindhvadi taila (Acharya Agnivesha *et al.*, 2012)
- Guduchyadi taila (Acharya Agnivesha *et al.*, 2012)
- Shatavari ghrita (Acharya Agnivesha, *et al.*, 2012)
- Phalasarpi (Sushruta *et al.*, 2014)
- Dhanwantharam gritham (Vagbhata, 2012)
- Sahchardi tailam (Vagbhata, 2012)
- Kalyanaka gritha (Vagbhata, 2012)

### Time of administration

According to the condition, mostly in morning hours

### Dose of medicine

1 prakuncha (25ml)

### Procedure

Poorva karma: Autoclave all required materials. Prepare the patient with local shaving of pubic hair. Snehana and swedana of kati pradesa should be done. After voiding urine, ask the patient to lie down on utharavasthi table in lithotomic position (Vagbhata *et al.*, 2012). Pradhana karma: Cover all other parts except genitalia with surgical towels and fix with towel clips. Clean the exposed area with cleaning agents using sponge holding forceps and gauze. Clean vagina using artery forceps and gauze. Fix Casco's bivalve speculum for proper visualization of cervix. Take autoclaved medicine in syringe and slowly injecting vagina till it fully covers the os reaching external os. Keep plain gauze and remove Casco's speculum. Paschata karma: Ask the patient to lie down in supine position for 15-20 minutes or till she gets the urge to micturate.

### UTTARA BASTI- INTRAUTERINE

It is usually done in the conditions of infertility and in intrauterine pathologies. Here sneha is to be administered as the medicine (Vagbhata, 2012).

### Materials required

- Cusco's bivalve speculum
- Uterine sound
- Ruben's canula
- Sponge holding forceps
- Artery forceps
- Sterile gauze
- Towel with clips
- Kidney tray
- Medicated sneha (autoclaved)

### Drugs used

- Phalasarpi (Sushruta *et al.*, 2014)  
Kalyanaka gritha (Vagbhata *et al.*, 2014)
- Dhanwanthara gritha (Vagbhata *et al.*, 2012)
- (All the drugs mentioned for vaginal uttara basti can be also used)

### Dose

2-4 ml.

### Time of administration

Done in rithukala (Vagbhata *et al.*, 2014) after doing kashaya basti.

### Procedure

Poorva karma: Autoclave all required materials. Prepare the patient with local shaving of pubic hairs. Snehana and swedana of katei pradesa is done. Sodhana is done as yogavasthi (Vagbhata *et al.*, 2012) or kala vasthi or rajayapana vasthi. The patient is asked to lie down on the table in lithotomic position after voiding urine.

Pradhana karma: Cover the part except genitalia with surgical towels and fix with towel clips. Clean the exposed area with cleaning agents using sponge holding forceps and gauze. Clean vagina with artery forceps and gauze. Fix the Casco's bivalve speculum for proper visualization of cervix. Insert uterine sound to know the position of uterus. Remove the uterine sound and slowly insert Ruben's canula in the same direction. Attach autoclaved medicine filled syringe to external end of Ruben's canula. Push the medicine slowly. Remove the syringe, canula and speculum carefully. Paschata karma: After the procedure keep a pichu in the vagina (Acharya Agnivesha *et al.*, 2012). Ask the patient to lie down in supine position for 15-20 minutes, remove the pichu when patient feels next urge of Micturition.

## DISCUSSION

These three types can be added under these Uttara basti of females, but in general except Yoni dhavana the two are only counted under female Uttara basti. But, the Yoni dhavana is also the karma and applied with the kashaya on Uttara marga; so it is also included here as the part of Uttara basti.

## Conclusion

Here is only mentioning about the usage of sneha dravya in Uttara basti, but as per the references it could be in the form of kashaya also. So a per the need or on behalf of deep study of the Samhita one can easily collect the information regarding the kashaya dravya.

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