

Review Article

A Review on Uttarbasti

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ABSTRACT:

In ayurvedic gynaecology sthanic chikitsa are the specialized treatment procedures, these procedures basically deal with the disorder of travarta yoni (three covering of vagina). Vitiation of vata is mainly responsible for yoniroga and artava vikara. Basti is the best vata shaman chikitsa. Uttarbasti is most widely used and unique concept of streeroga. In this study Uttarbasti is reviewed through ancient texts, and effort is made to understand the concept of uttarbasti.

KEY WORDS: Uttarbasti, Yoniroga, Avarta, Streeroga

INTRODUCTION:

In Ayurveda for chikitsa of any disease there are two main measures shaman chikitsa and shodhan chikitsa i.e panchakarma. Panch karma therapy has a great importance in Ayurveda. It is mentioned that this particular therapy indicates disease permanently and leaves no chance for its replace. Basti has got a better place in comparison to other Panchkarma measures because of its wide ranged and effective use.

Ancient acharyas describe some sthanic chikitsa in ayurvedic streeroga. Sthanic chikitsa mainly includes uttarbasti, yonidhawan, yoni pichu Dharan, yoni dhupan, etc.

Uttarbasti is a well-known panchakarma procedure used to treat various disorders related to the mutrashaya, garbhashaya, and yoni vikara. Especially in management of female and male urinary tract disorder along with infertility. As a female plays a lead role in garbha formation, for the formation of good progeny rutu, kshetra, ambu, beeja are needed for good quality. These subjects are related to the female body especially genital organs. The female has to carry the foetus for nine months till the birth of the child, so it is needed to provide sexual health to the females, hence uttarbasti plays an important role in that thus, keeping the female health in check as reffered in Ayurveda uttarbasti is so quite essential now a days.

Direct indications for uttarbasti is explained by Acharya charaka are basti vikara, yoni Bhramsha, Yoni shoola, Asrigadara, Mutra Apravritti. Acharya Sushruta indicates in mutraghata, Mutradosha, Yoni vyadhi, Rajonasha, Nasta artava, atyartava. So uttarbasti is clearly mentioned for sexual health of females to achieve good progeny and to fulfill their sexual desires.

Types of Basti:

Two types of uttarbasti

1. Yonigata uttarbasti
2. Garbhashayagata uttarbasti

Uttarbasti Dravya:

The Utterbasti can be given with Sneha or Kwath. But Sneha is more useful in most of the diseases of garbhashaya.

Uttarbasti kala:

All Acharyas are advised to administer it during the Rutukala. Because at that time yoni mukha is opened. But in emergency conditions like ashruddara, yonibhransa, yonishoola, etc. It is indicated on other days also.

According to Acharya Charaka this therapy should be given during Rutukala as the mouth of the uterus is opened at that time and it readily receives sneha dravya and pacifies the vata dosha which further helps the yoni to attain the pregnancy quickly.

Duration:

According to Charaka and Vagabhatta, the Uttarbasti should be given consecutively for 3 or 4 days. But in this context it is said that the sneha should be increased gradually day by day in the course of 3 days. There after it should be stopped for 3 days and then again the Uttarbasti should be repeated for 3 days continuously.

Matra:

Matra of Garbhashayagata Uttarbasti according to different Acharyas are as follow -

Sushruta	- 1 pala i.e 2 anjali
Charaka	- ½ pala
Sharangdhara	- 2 pala.
vagbhat	- 1 shukti (in bala) and 1 prakuncha (in adult female)

According to Acharya Charaka the dose of Sneha uttarbasti can be administered in increasing order

Method of Administration of Uttarbasti:

Bahya abhyanga and swedan in early morning upon kati, prasava parts done, Before uttarbasti once kashaya basti with dashamool kwath 400 ml and matrabasti with tila tail 60 ml will be given.

The uttarbasti procedure includes 3 stages-

1. Poorva karma -

- Sneha or any drug which is to be administered taken in steel container and it was autoclaved.
- The patient selected for uttarbasti proceeds for the following procedures.
- Patient was advised to empty the bladder.
- Then patient was taken in minor operation theater Examination of pulse, B.P etc was done.
- Patient was placed in lithotomy position.
- The general organs were painted with antiseptic solution and covered with perineal towels and clips were applied to fix the covering
- Routine P/V examination was performed in order to assess the size, shape, position of uterus.
- The trolley with instrument, light arrangement was made ready.

2. Pradhan karma-

- It includes the administration of medicine, autoclaved cuscus speculum.

- Separate the labia with the index finger and thumb of the left hand and introduce the closed blade into the vagina,
- Then rotate it in 90 degree angle posteriorly, so the anterior blade lies along the anterior vaginal wall and posterior blade along the posterior vaginal wall
- Separate the blade till the vagina is stretched maximally and cervix visualised properly then fix the screw.
- With the help of uterine sound, the length and position of uterus was assessed whether the os was open or not was seen.
- Then insemination canula was entered in direction of uterus and pushed upto internal OS.
- Then the autoclaved Sneha dravya was injected drop by drop with syringe from other side of canula, patient was kept in head low position.
- Then after the administration of drug properly remove the Cusco's speculum by losing the screws and ensuring blades are closed, turning it in 90 degree angle remove cuscus speculum slowly, and remove also IUI canula.

3. Paschata karma -

- It is important to watch and observe the Sneha dravya was expelled out properly or not, and then sterilised gauze piece was kept into vagina.
- All instruments were removed slowly and perineal towels taken away.
- Patient was advised to extend and twist her legs, was given head low position for 15 minutes in the minor O. T., Pulse, BP was checked.
- Patients is strictly advised to follow Pathya and take rest during the treatment.

Advice:

The patient should be instructed to withheld from exercises, sexual intercourse, cold substances, heavy meal, traveling, speaking in high pitched voice, and day time sleeping.

Precaution during Uttarbasti:

- The medicaments should be pushed slowly into the uterus during U.B.
- A rapid administration of drugs into the uterus may be results in entry of drug to peritoneal cavity by fallopian tubes.
- As a consequence patient may develop abdominal pain fainting, palpitation, low blood pressure, etc.
- It is necessary to confirm that there is no air inside the syringe before the administration.
- Entry of air may result in abdominal pain.

Effect of Uttarbasti:

Though the scope of Uttarbasti is indicated to the disorders of urinary and genital systems but its generalized action is also attributed to entire body. It alleviates all the three doshas, but is very specific to vata. The contents of Uttarbasti are benefited for the system in multiple ways depending upon the nature of constituents.

We can assume the benefit of Uttarbasti targeted on four factors of fertilization viz. Rutu, Kshetra, Ambu and Beeja.

- **Rutu:** Means, the ovulation time or period indicates proper hormonal functions necessary for fertilization. Uttarbasti may correct the abnormal functions.
- **Kshetra:** Means, internal genital organs, many organic and pathological conditions of internal genitalia may not be favourable for fertilization.
- **Ambu:** Means, proper nutritional substance for the uterine mucosa, through the systemic circulation of the yoni.
- **Beeja:** Means, the ovum and function of ovary. Uttarbasti may act on ovarian hormone and correct dysfunctions of ovary.

Uttarbasti in various disorder:

- **Anovulatory cycle-**

1. The vatanulomak and strotoshodhak effect of basti is well known.
2. The Sneha dravya which enters through intrauterine route it enters the microchannels of artavahastrotas due to its sukshma property and due to its snigdha guna causes vatashaman.
3. Basti is given in garbhashaya i.e artavavaha strotas stimulates the strotas as well as the beejagranthi by the stimulation of ovary the sanga in the beejagranthi is removed and performs its proper function i.e. vibhajan, so vibhajan of beeja starts which in turns may leads to ovulation.
4. Uttarbasti may also stimulates organs and also increases blood supply, therefore absorption of essential drugs and excretion of waste product from cell providing necessary elements to the organ facilitating beeja nirman.
5. Receptors are available in ovaries to receive hormone secreted by hypothalamus and pituitary, which facilitates the production of ovarian hormone. so it may be possible that the Sneha dravya given by intrauterine route may stimulates the receptors by which the ovary receives the hormone and corrects its function i.e. beejotsarga.
6. Snehadravya absorbed through endometrium, it

stimulates the neurons of arcuate nucleus
→Hypothalamus →GnRH →Anterior pituitary
→FSH, LH →Ovary →estrogen, progesterone
→ovulation.

- **Tubal block-**

1. Apamarga kshar tail basti can be used in tubal block, if tubal block is due to adhesions.
2. Brimhan snehas used in tubal block, if there is spasm due to fibrosis.

- **Cervical erosion-**

1. Cervicitis associated with Cervical erosion can be easily treated with uttarbasti of ropan dravyas. eg. Triphala ghrita, jatyadi ghrita.

- **Cervical mucus disorder-**

1. If there is any disorder in mucus it is treated with Sneha prepared by the dravyas having snigdha and picchila guna properties eg. jatyadi ghrita, shatavari ghrita

- **Endometrial conditions-**

1. Uttarbasti plays an important role in recuperating thickness of endometrium and improving quality of endometrium. eg. Brimhan dravyas.

Conclusion:

- Uttarbasti can be used for the treatment of all vitiated three doshas in female genital organ.
- Uttarbasti can be used for the development and vasculature of myometrium.
- Uttarbasti can be used to modulate ovulation.
- Uttarbasti can be used to remove inflammation and infection.
- Uttarbasti used to cause vatanulomana and important aspect in treating yoni vyapada.

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