



ISSN 2456-3110

Vol 3 · Issue 5

Sep-Oct 2018

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

A Critical Review on clinical aspect of *Matra Basti* in *Vataja* Disorders

Dr. Dharua KM. Rajesh,¹ Dr. Sharma Priyanka,² Dr. Srivastava Kumar Alok³

^{1,2}Post Graduate Scholar,³Professor, Dept. of Panchakarma, Rishikul Campus (Haridwar), Uttarakhand Ayurveda University, Haridwar, Uttarakhand, INDIA.

ABSTRACT

Basti is the most important among *Panchakarma* due to its multiple effects. *Pitta* and *Kapha* are dependent on *Vata* as it governs their functions. *Basti* is not only best for *Vata* disorders, it also is equally effective in correcting the morbid *Pitta*, *Kapha* and *Vata*. *Charaka* has considered *Basti* therapy as half of the treatment of all disease, while some authors consider it as the complete remedy for all the ailments. In modern medicine, enema is mainly given to remove the faeces from the large intestine, while in Ayurveda the review of the studies done on *Basti* helped in concluding that *Basti* is effective in treating the disease of all *Srotas* and especially *Vatavaha Srotas*. *Matra Basti* is subtype of *Anuvasana Basti*. It is administered in very small amount and hence is very convenient in present day life. All *Acharyas* explained about *Matra Basti* and considered safe and useful in many conditions where other varieties of *Basti* are contraindicated. It is specially used to treat various *Vataja* disorders.

Key words: *Basti*, *Matra Basti*, *Anuvasana Basti*, *Vataja disorders*.

INTRODUCTION

All the *Acharya* have appreciated *Basti* is unique form of treatment modality. Considering the efficacy, it generates in remodeling the hampered *Doshas*. It is incomparable elimination therapy than the other because; it expels the vitiated *Doshas* rapidly as well as it nourishes the body. It can be easily performed in all age groups, where other *Shodhana* procedures cannot be performed.^[1] The value of the *Basti* treatment has been highly praised in the classical Ayurvedic texts: "although the *Basti* has its effect in

the colon, through its power it pulls all impurities out from head to toe, just as the sun that stands high in the sky dries up all rivulets.

Basti have a cleansing, calming and nourishing effect and are part of a complete *Panchakarma* Programme. *Matra Basti* contains individually prescribed oils to target specific situations, while at the same time it nourishes the physiology. The *Shodhana Basti* has a complex combination of herbal decoctions, oily substances and alkaline minerals. They assure that the toxins that have been loosened by the various oil massages make their way out of the body.^[2]

Vagbhatta says the *Virya* of *Basti* is conveyed to *Apana* and then to *Samana Vata*, which may regulate the function of *Agni*. It then goes to *Udana*, *Vyana* and *Prana*, thus providing its efficacy all over the body. At the same time *Basti* by pacifying *Vata*, restores the disturbed *Kapha* and *Pitta* at their original seat and thus helps in breaking the pathogenesis. Thus according to Ayurveda, the *Veerya* (active principle) of the ingredients used in the *Basti* get absorbed and then through the general circulation, reaches at the site of the lesion and relieves the disease.^[3]

Address for correspondence:

Dr. Dharua KM. Rajesh
Post Graduate Scholar,
Rishikul Campus (Haridwar), Uttarakhand Ayurveda University,
Haridwar, Uttarakhand, India.
E-mail: dharuarajeshkumar@gmail.com

Submission Date : 22/08/2018 Accepted Date: 01/10/2018

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.v3i5.13837

Pharmacokinetics studies have also proved that drug administered via rectum can achieve higher blood levels of the drug than oral route due to partial avoidance of hepatic first-pass metabolism. The rectum has a rich blood and lymph supply and drugs can cross the rectal mucosa as they can other lipid membranes thus un-ionized and lipid-soluble substances are readily absorbed from the rectum. The portion absorbed from the upper rectal mucosa is carried by the superior haemorrhoidal vein into the portal circulation, whereas that absorbed from the lower rectum enters directly into the systemic circulation via the middle and inferior haemorrhoidal veins. Thus an administration of drug in the *Basti* form has faster absorption and provides quicker results.^[4]

The rectal wall contains neuroreceptors and pressure receptors which are stimulated by various *Basti Dravyas*. Stimulation results in increase in conduction of sodium ions. The inward rush of sodium ions through the membrane of the unmyelinated terminal is responsible for generating the action potential, influx of ion there by generating action potential. Generally the action potential is initiated by increase in permeability to sodium ions. The drugs immediately after entering into the *Pakwashaya* (intestines), strike at the very root of vitiated *Vata*. By virtue of their permeability the drugs may increase the normal bacteria flora of the colon and their by modulate the rate of endogenous synthesis of Vitamin B1 and B12 as well as Vitamin K.

Various researches on Vataja Ailments

1. *Amavata* is the most crippling of the joint diseases, it occurs throughout the World in all climates and all ethnic groups. Though all the *Doshas* take part in the causation of this disease, *Ama* and vitiated *Vata* play the dominant role. The clinical features of rheumatoid arthritis, such as pain, swelling, stiffness, fever and general debility are almost identical to that *Amavata*. Treatment provides symptomatic relief, but the underlying pathology remains unchecked because of the absence of effective drugs. In the

management of *Amavata* all the *Acharyas* have described the sequential employment of *Deepana*, *Amapachana*, *Shodhana*, and *Shamana* therapies. For this study, 118 patients of *Amavata* were randomly divided into two groups. The patients in group A (50 patients) were given *Matra Basti* with *Brihat Saindhavadi Taila* along with *Vatari Guggulu*; the patients in group B (53 patients) were given only *Vatari Guggulu*. All the patients responded favorably to the treatment in both the groups; however, patients treated with *Matra Basti* had better relief in most of the cardinal signs and symptoms of the disease.^[5]

2. *Gridhrasi* (Sciatica) is *Vata Nanatmaja Vyadhi*. *Gridhrasi* also presents with a clear picture of shifting pain in lower limbs radiating from *Sphik*, *Kati*, *Prishtha* and affecting *Uru*, *Janu*, *Jangha* and *Pada* in order. '*Sakthi Utkshapani Graha*' is mentioned as a cardinal sign by *Sushruta* and *Vagbhata*. But certain other symptoms such as *Stambha*, *Toda*, *Sphurana*, *Ruk* etc. are also found in some other disease. Diseases like *Urustambha*, *Khalli Kalaykhanja*, *Vatakantaka* can make confusion with *Gridhrasi*. In spite of the spine's excellent form and function, back pain is a national, personal and clinical problem, national because it is experienced by most of the population at some time and is a drain on the nation's resources, personal because it can remain a major unresolved dilemma. Group A (*Matra Basti*) and Group B (*Kati Basti*) with *Dashmoola* Oil was decided to manage the *Gridhrasi*. The result was excellent in both Groups. Hematological values were also improved. Major improvement was observed on all signs and symptoms as well as in SLR in both the groups.^[6]
3. A medicament which relieves the pain, improves functional ability, restore from functional disabilities and controls the condition with cost effectiveness is the need of hour. Hence a clinical trial was undertaken to evaluate the effect of *Matrabasti* and *Katibasti* on patients having disc lesion as a major problem. Forty cases of disc

lesion were randomly selected and fulfilling the criteria and randomly divided into 20 patients each. The group -1 was treated with an Ayurvedic regimen practiced commonly in the *Shalya Tantra* comprising of *Gokshuradi Guggulu*, *Vishamusti Vati* and combination of *Godanti Bhasma* and *Avipattikar Churna*. The Group-2 was given *Matrabasti* with *Dhanvantar Taila* for 7days and *Kati Basti* with *Mahanarayan Taila* for 7days along with above regimen. Effect of therapy was evaluated before, during and after by using parameters such as pain, neurological deficit, functional ability and functional disability. The group-2 yielded encouraging results. Thus *Matrabasti* and *Katibasti* along with internal medications can serve as an important modality for treating cases of lumbar disc disease.^[7]

- Objective of the study was to assess the efficacy of *Matra Basti* (enema) over *Abhyanga* (massage) and *Sweda* (sudation) in reducing spasticity in cerebral palsy. 30 children fulfilling diagnostic Criteria between the age group of 2-12 years were included and enrolled as per Computer generated block randomization into 2 groups of 15 children in each group. Group A was administered with *Matra Basti* (enema) after local *Abhyanga* (massage) with *Suddha Bala Taila* and local *Swedana* (sudation) with *Nadi Sweda* (type of sudation) method for a duration of 15 days. In group B spastic children were treated with *Sarvanga Abhyanga* (massage all over body) followed by plain *Nadi sweda* with *Suddha Bala Taila*. Follow up was done on 30th and 45th day of treatment. Both the procedures were helpful in reducing spasticity. *Matra Basti* (enema) is more effective in treating the spasticity of cerebral palsy as compared to *Abhyanga* (massage) and *Sweda*, where as *Abhyanga* (massage) and *Sweda* (sudation) is effective in treating fine motor functions. *Suddha Bala Taila* is effective in treating *Ekangavata* (monoplegia), *Pakshaghata* (diplegia) and other related *Vata Vyadhi* (neurological disorders) as attributed to its

Rogaghnata (disease). Thus the procedures are effecting in reducing spasticity.^[8]

DISCUSSION

Matra Basti has a special place among all the *Bastis* and is highly praised because it can be administered at any time. It doesn't cause any complication. Since the dosage of *Sneha* used in *Matrabasti* is low, there will be no fear of any complications. It stays in the colon for maximum period and will induce all beneficial results. There are no restrictions tagged to administrations of *Matra Basti*.

There is no *Pathya* (dietic and lifestyle restriction) indicated while undergoing *Matra Basti*. This makes the administration taking of *Matra Basti* on easy process. Even *Parihara Kala* has not been mentioned with respect to *Matra Basti* as is done in case of *Niruha Basti*. (*Parihara Kala* is the time period of following strict dietic regimen and lifestyle modification after the completion of a course of *Basti*).^[9]

Bhavaprakasha has recommended the use of *Brihata Saindhavadi Taila* for *Pana*, *Abhyanga*, *Virechana* and *Basti* in the management of *Amavata*. It is also recommended in *Bhaishajya Ratnavali* for the management of *Amavata*. It relieves vitiated *Kapha*, *Vata* and *Ama* by its properties of *Ushna*, *Tikshna*, *Suksma*, *Snigdha* etc. and so it is selected for the *Matra Basti*, the ultimate treatment of *Vata*.

According to *Acharya Charaka*, *Matra Basti* is always applicable to those emaciated due to overwork, physical exercise, weight lifting, journey of vehicles, and indulgence in women, in debilitated person and in those afflicted with *Vata* disorders. *Matra Basti* promote strength without calling for any strict regimen of diet, and also causes easy elimination of *Mala* and *Mutra*. It performs the function of *Brimhana* and cures *Vata Vyadhi*.^[10]

CONCLUSION

In the avant-garde era of busy professional and social life, improper sitting postures in offices and factories, continuous and over exertion, jerky movements

during travelling and sports, all these hustles create undue pressure on the body and hence results in most common disorders in most productive period of life like Lumbar disc disease, Sciatica, Paralysis etc. These disorders creates little threat to life but it interferes greatly with normal living. Modern medicine has the source of treatment such as analgesics, sedatives, physiotherapy and lastly surgery but recurrence rate is high after this type of treatment, however it was observed that Ayurvedic treatment can be a better option for such kind of disorders especially *Matra Basti* as it promotes strength and it is easy to administer without any difficulty.

REFERENCES

1. Agnivesha, Charaka, Drudabala, Chakrapani Dutta. Charaka Samhita. Basti Siddhi Adhyaya.1st edition. Varanasi: Chaukhambha Orientalia ;2011.Vol 1 p. 724.
2. Shodana Bati. [Internet]. [cited 2018 Aug 21]. Available from <https://ayurveda-badems.com/medicine/therapies/shodana-Basti/>
3. Gupta Sudesh, Sharma Muralidhara, Gupta Bhawana.Effect of Matra Basti and Katibasti in the Management of Lumbar Disc Disease. IJPBA, Sep - Oct, 2012, Vol. 3, Issue, 5 Available from : <https://www.ijpba.info/ijpba/index.php/ijpba/article/download/882/598/>
4. Khagram R, Mehta CS, Shukla VD, Dave AR. Clinical effect of *Matra Basti* and *Vatari Guggulu* in the management of *Amavata (rheumatoid arthritis)*. *Ayu.* 2010;31(3):343-350. doi:10.4103/0974-8520.77167.
5. Khagram R, Mehta CS, Shukla VD, Dave AR. Clinical effect of *Matra Basti* and *Vatari Guggulu* in the management of *Amavata (rheumatoid arthritis)*. *Ayu.* 2010;31(3):343-350. doi:10.4103/0974-8520.77167.
6. Dr. Cyan Prakash Sharma,Dr. O. P. Sharma, Dr. R. S. Sharma. A Clinical Study of Matra Basti and Kati Basti In The Manegement of Gridhrasi W.S.R.To Sciatica. Journal of Ayurveda. Vol.II No.3 Jul-Sep 2008.
7. Gupta Sudesh, Sharma Muralidhara, Gupta Bhawana.Effect of Matra Basti and Katibasti in the Management of Lumbar Disc Disease.IJPBA, Sep - Oct, 2012, Vol. 3, Issue, 5. Available from : <https://www.ijpba.info/ijpba/index.php/ijpba/article/download/882/598>
8. Kurubar A Deepti, B. T. Munnoli, Vijaykumar. D, Arbar Aziz, Patil Amol. Role Of *Matra Basti* (Enema) Over *Abhyanga* (Massage) And *Sweda* (Sudation) In Reducing Spasticity In Cerebral Palsy With *Suddha Bala Taila*-A Randomized Comparative Clinical Study 1 A Deepti. IJAPR
9. Matra Basti: Indications, Benefits, Contraindications. Dr. Raghuram Y.S and DR. Manasa [Internet]. [cited 2018Aug 21].Available from <https://easyayurveda.com/2016/08/19/matra-Basti-indications-benefits/>
10. Khagram R, Mehta CS, Shukla VD, Dave AR. Clinical effect of *Matra Basti* and *Vatari Guggulu* in the management of *Amavata (rheumatoid arthritis)*. *Ayu.* 2010;31(3):343-350. doi:10.4103/0974-8520.77167.

How to cite this article: Dr. Dharua KM. Rajesh, Dr. Sharma Priyanka, Dr. Srivastava Kumar Alok. A Critical Review on clinical aspect of Matra Basti in Vataja Disorders. J Ayurveda Integr Med Sci 2018;5:164-167. <http://dx.doi.org/10.21760/jaims.v3i5.13837>

Source of Support: Nil, **Conflict of Interest:** None declared.
