

**CONCEPT OF KSHEERA BASTI – A REVIEW ARTICLE****¹*B. Preethi, ²P. Devi Seetha and ³R. Rashmi**

P.G Scholar, Reader and HOD, P.G Scholar, Department of Panchakarma, JSS
Ayurvedic Medical College, Mysuru, Karnataka, India.

Article Received on
24 October 2018,

Revised on 14 Nov. 2018,
Accepted on 04 Dec. 2018,
DOI: 10.20959/wjpps20191-12873

Corresponding Author*Dr. B. Preethi**

P.G Scholar, Department of
Panchakarma,
JSSAyurvedic Medical
College, Mysuru, Karnataka,
India.

ABSTRACT

Basti is said to be a preventive, promotive and curative therapeutic intervention, is considered as Ardhachikitsa as well as Poornachikitsa among all therapies by different Acharyas. Ksheera Basti is a Mrudu Niruha Basti. Functionally it acts as a Dosha Shamana and Brimhana Basti. It is mainly indicated in Asthi pradoshaja and Majjavaha Sroto Vikaras and when there is involvement of Pitta and Rakta. Asthi and Majja is the seat of Vata also Asthi and Vata have Ashraya Ashrayi Sambandha. Ksheera Basti nourishes the Asthi Dhatu and there by pacifies its Ashrayee Vata Dosha. There is reference of Ksheera being used as Kashaya Dravya and also as Avapa Dravya in Basti Kalpa and those Yogas are considered as Ksheera Basti. The present article is an attempt to review the concept of Ksheera Basti which are mentioned in

our classics.

KEYWORDS: Basti, Ksheera Basti, Ardha chikitsa, Asthi-Majjavaha Sroto Vikaras.

INTRODUCTION

Basti is one among Pancha-Shodhana procedures explained in Ayurveda. Classically, it is advocated in the diseases of Vata. Though Basti is considered as prime treatment for Vata, it also cures the diseases of Pitta, Kapha, Samsarga and Sannipataja Doshas, Marmagata, Sakthagata and Kostthagata Roga. It is a Mrudu Niruha Basti. Functionally it acts as a Dosha Shamana and Brimhana Basti. It is mainly indicated in Asthi Pradoshaja and Majjavaha Sroto Vikaras^[1] and when there is involvement of Pitta and Rakta. Asthi and Majja is the seat of Vata^[2], also Asthi and vata have Ashraya Ashrayi Sambandha. Ksheera Basti nourishes the Asthi Dhatu and there by pacifies its Ashrayee Vata Dosha. There is reference of Ksheera

being used as Kashaya dravya^[3] and also as Avapa dravya in Basti kalpa and those Yogas are considered as Ksheera Basti.

Ksheera possesses the properties of Madhura, Sheeta, Snigdha, Stanya and is Pushtikarak. Due to its Mridu, Snigdha, Shlakshna and Picchila Guna, it counters Rukshatva and sclerosing effects on the bone, thus increases Sleshmaka Kapha in the joint and thus allows the joint to move freely without any restriction and nourishes the Asthidhatu. It increases Mamsa Dhatu, Jeevaniya Shakti, reduces fatigue, cures Shwasa, raktha pitta, helps in healing fractured bones, it is Satmya for all Dosha. It also acts as Dosha Shamaka and Srotoshodhaka. Usage of Ksheera is highly recommended in certain Vyadhis like Pandu, Amlapitta, Gulma, Udara roga, Yoni roga, Shukra roga, Vata roga.^[4] In classics we get a reference of Ashta Varga Ksheera, among that very commonly used Ksheera is Goksheera and less commonly used Ajaksheera. Goksheera is Aajanma Sathmya.

Ksheera can be used in two different forms one is Dharoshna Ksheera another one is Ksheera Kashaya.

Ksheera Kashaya

- क्षीरमष्टगुणं द्रव्यात् क्षीरान्नीरं चतुर्गुणम् ।

क्षीरावशेषं तत्पीतं शूलं आमोद्भवं जयेत्॥ श.म.ख.२/१६१

Ksheera Kashaya preparation method - Prescribed drug -1 Parts, Ksheera - 8 Parts, Water-32 Parts.^[5]

Sushruta while explaining the ingredients of Niruha Basti in the context of Niruha Dravya Pramana included Ksheera as one among the Kwatha Dravyas.^[6]

Dharoshna Ksheera:- Boiled milk is used as Avapa dravya.

Both Charaka and Sushruta have advised to take the quantity of Avapa Dravya based on Dosha dominance. In Vata Dominance - 3 Pala, Pitta Dominance - 4 Pala, Kapha Dominance 3 Pala.^[7]

Role of AVAPA DRAVYA in Basti preparation

- They are used in order to make the Basti either Tikshna or Mrudu and to effect the particular dose.
- मूत्रं पटुत्वं कुरुते वीर्यं चोभ्दावयत्यपि॥ का.खि. (८/४०-४३)
- Examples: Gomutra is added to make the Basti Dravya Tikshna and to eliminate the Kaphadosa. Amlakanji is added to make the Basti Dravya Tikshna and to eliminate Nirupastamba Vata. Ksheera is added to make the Basti Mrudu and to alleviate Pittadosha. Mamsarasa, increase the tissue enhancing capacity of Basti Dravya. In this way, each and every Avapadravya constituent is having its own importance in Basti.
- Acharya Charaka indicated Ksheera Basti for Shodhana purpose in Pittodara Chikitsa. Acharya Sushrutha has described Ksheera basti in the context of Garbhakshaya Chikitsa,
- Thus, as per the above references, Ksheera Basti can be categorized under Niruha Basti though it serves as both Mrudu Shodhana and Brimhana action.

Specific Indications of Ksheera Basti

Table no:1 showing the Specific Indications of Ksheera Basti.

Sl.NO	Indications
1	Asthivaha Srotogata Vyadhi ^[8]
2	Pittaja Gulma ^[9]
3	Plihodara ^[10]
4	Visa Chikitsa ^[11]
5	Garbhakshaya ^[12]
6	Halimaka ^[13]
7	Pitta Raktaja Shirashoola treatment ^[14]
8	Vatarakta ^[15]
9	Sukumara where Shodhana is indicated ^[16]
10	Pittodara ^[17]
11	In the treatment of complications like Daha,jwara,Murcha ^[18]
12	In treatment of Parisrava and Parikartika Vyapad ^[19]
13	As Yapana basti ^[20]

CONTRA-INDICATIONS

- Kaphaja Vyadhies
- Ama and Medhoja Vyadhi.

Ksheera Basti Prayoga based on Dosha dominance

1. Vatanasaka Ksheera Basti: Examples: Pancha Prastrutika Basti, Tikta Ksheera Basti

a) **PANCHA PRASTRUTIKA BASTI:**-This Basti is mentioned in Charaka Siddhi Prastrutika Yogika Siddhi, which acts as Vatanashaka, Balya, Varnya.^[21]

Table no: 2 Showing the ingredients of Pancha Prastrutika Basti.

Ingredients	Quantity
Makshika	1 Prasrutha
Ghrita	1 Prasrutha
Taila	1 Prasrutha
Ksheera	2 Prasrutha

b) **PANCHA TIKTA KSHEERA BASTI:** Indicated in Asthi Pradoshaja Vyadhi^[22]

Table no: 3 Showing the ingredients of Pancha Tikta Ksheera Basti.

Ingredients	Quantity
Makshika	100ml
Lavana	12gms
Sneha(Pancha Tikta Ghrita or Pancha Tikta Guggulu Ghrita ect)	100ml
Kalka(Guduci, Yashtimadhu, Nimba, Patola, Manjishta)	40gms
Kwatha(Yashtimadhu Ksheerapaka or Dashamula Ksheerapaka)	300ml

2) **Pitta Nashaka Ksheera Basti:** Example -**Piccha Basti** -is indicated in Jeernaatisara Avastha and Jeernagrahani by Acharya Charaka mentioned in Arsha Chikitsa Adhyaya. Piccha Basti acts as Grahi and contains Deepana and Pachana Dravya. It is one of the treatment for Arsharoga.^[23]

Table no:4 Showing the ingredients of Piccha Basti.

INGREDIENTS	QUANTITY
Makshika	1 Prasrutha
Ghrutha	1 Prasrutha
Kalka- of Salmali Niryasa, Utpala, Vatsaka Bija, Priyangu, Padmakesara	1 Prasrutha
Ksheerapaka Dravya- Yavasa Mula & Pushpa, Salmalimula, Nyagrodha Sunga Udumbara	2 Pala each
Jala	3 Prastha
Ksheera	1 Prastha
Sarkara	1 pala

3) **Tridosha Nasaka Basti:** Example – **Punarnavadi Niruha Basti**- mentioned by Charaka in Bastisutriya Siddhi Adhyaya. It acts as Tridoshaja and Dvandaja Roga Nashaka.^[24]

Table no: 5 Showing the ingredients of Punarnavadi Niruha Basti.

Ingredients	Quantity
Makshika	1 Prasrita
Lavana	1 Tola
Taila and Ghrita	1 Prasrita each
Kalkadravya- Vasa,Satahva,Devadaru, Kushta,Yashti,Sarshapa,Pippali	1 Prasrita
Kwathadravya-Punarnava, Bala, Eranda, Vasa, Palasa	1 Prasritha
Ksheeravashesha	Dasamula-1Pala each +Madanaphala-8+ Bilva Majja+Kulattha+Yava+Badara+1Adhaka Jala+1 Adhaka Ksheera boiled and reduced till Ksheera remain

4) Rasayana Basti – Rajayapana Basti- It is the king of Yapan Basti and best Rasayana. It acts as Balya, Vrishya, Sanjivana, Cakshushya. It is also called as Mustadi Yapan Basti.^[25]

Table no 6: Showing the ingredients of Rajayapana Basti.

Ingredients	Quantity
Makshika	½ Prastha
Lavana	½ Karsha
Ghrita	1Prasruta
Kalka Dravya–Satahva, Madhuka, Kutaja Phala,Rasanjana, Priyangu.	1 Prasruta
Kvatha Dravya- Musta, Usira, Bala, Rasna, Guduchi, Manjishta, Sthiradhi Panchamula + 8 Madhanaphala	1 Pala each + 1 Adhaka Jala + Ksheera 2 Prastha reduced to Ksheeravasesha
Mamsarasa	½ Prastha

5) Madhutilika Basti- Sushruta has described Yapanabasti as one of the synonymous for Madhutilika basti and Yuktaratha basti and Siddhabasti, it is Nirapada and Nishparihara Basti can be practiced even in Bala, Vruddha, Stree, Sukumaras without any complications. It is Pushkala Phala Pradhana and Sarvakala Deyamana Basti like Matra Basti.^[26]

Table no:7 Showing the ingredients of Madhutilika Basti

Ingredients	Quantity
Makshika	2 Prasrita
Lavana	1 Karsha
Taila	2 Prasrita
Ghrita	1 Pala
Satahva	½ Pala
Erاندamula Kvatha	4 Prasruta
Mamsarasa	1 Pala
Ksheera	1 Pala
Mutra	1 Pala
Kanji	1 Pala

Ksheera Basti is a Mrudu Vatapitta Shamaka Niruha Basti. According to commentator Arunadatta, the combination of Snigdha, Shoshana(dryness) and Khara Guna together will improve the Asthi Dhatu, it can be achieved through Tikta Dravya Siddha Ksheera Basti and Usually Tiktadravya causes Prakopa of Vata but when Tiktadravya processed with Ksheera it does the Vata Shamana. Hence, Tikta Dravya Siddha Ksheera Basti considered as the best treatment for joint disorders.^[27] These ingredients will reach the Asthivaha Srotas and will acts upon the Parthiwagni, Vayavyagni and Tejasagni and gets transformed into Asthi Poshaka Amshas on which the Asthi Dhatwagni will act upon and converts into Sthayi Asthi Dathu. Some of the components of Ksheera Basti like Sneha, helps in the formation of Asthi and Majja Dhatu, so it prevents the bone degeneration and osteoporosis. Most joint disorders are arising due to deficiency of calcium, so by administrating Ksheera Basti, calcium levels can be improved in the body.

CALCIUM in MILK is Different

- The calcium in milk differs in several interesting features from the calcium in other food stuffs or supplements. These can be important when it is necessary to ensure high absorption of calcium under unfavorable physiological conditions. Milk calcium may be absorbed in absence of vitamin D, under the influence of lactose in distal small intestine via the paracellular route, thus milk can provide calcium with “ensured absorbability” which is generally insensitive to external factors except for inhibitors, such as oxalic acid. Dairy products do not contain anything likely to inhibit the intestinal absorption of calcium, like phytates, oxalates, uronic acids or the polyphenols of certain plant foods. It should be remembered that milk and dairy products are not only excellent sources of calcium, but also provides an almost complete diet whose consumption provides a “meal effect”. This fastens the absorption of calcium and provides a simultaneous intake of phosphorous that is essential for bone deposition. These advantages cannot be provided by any other source of calcium, such as calcium supplements or calcium rich waters.
- Tiktarasa is indicated in Gulma, Asthivahasroto Vikara, in Dhatukshayajanya Sandhigatavata and Vatarakta. In Vatarakta, vitiation of Vata and Rakta occurs simultaneously. Basti is the best treatment than any other treatment. Here Daha is a very common symptom. Hence to manage the Prakupita Vata and Rakta and also to subside Daha, Ksheera Basti along with Grutha is prescribed²⁸.
- Sushruta has described Yapanabasti, can also be considered under Ksheera basti. One of the synonyms for Yapana Basti is Madhutailikabasti and other synonyms are Yuktaratha

and Siddhabasti, it is Nirapada and Nishparihara Basti can be practiced even in Bala, Vruddha, Stree, Sukumaras without any complications. It is Sarvakala Deyamana Basti like Matra Basti²⁹. Ksheera Basti acts as Brimhana Basti, promotes bulk of the body muscles, enhances the quality and quantity of all the body tissues. All Ksheera Bastis are best Rasayana, as it contains Ksheera and Grutha, which are considered as Nitya Rasayana according to our Acharyas. It is used as Vajikarana, may be because of presence of Shukrala, Vrisya and Vajikarna Guna Yukta Dravyas.

CONCLUSION

- Ksheera Basti is helpful for the nourishment and growth of Asthidhatu.
- It is helpful in joint disorders like Sandhigata Vata and Vataraktha.
- Functionally it acts as Dosha Shamana and Brimhana Basti.

REFERENCES

1. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Siddhistahana Chapter 1/38-39, Reprinted -2014.
2. Vrudha Jivaka. Kasyapa Samhita 1st ed Varanasi: Chaukhamba Sanskrit Sansthan;2008 Khilasthana, Sutrasthana Chapter 27/23.
3. Sushruta, Sushruta Samhita, Nibandasangra commentary of Sri Dalhana Acharya and Nyaya Chandrikapanjika of Sri Gayadasacharya on Chikitsasthana Chapter 38/24, Reprinted -2014.
4. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Sutrasthana Chapter 1/108, Reprinted -2014.
5. Murthy K.R.S; Translation of Sharangadhara Samhita Madhyama Kanda; Chaukhambha Orientalia Varanasi; Reprinted 2009; Chapter 2/161
6. Sushruta, Sushruta Samhita, Nibandasangra commentary of Sri Dalhana Acharya and Nyaya Chandrikapanjika of Sri Gayadasacharya on Chikitsasthana Chapter 38/24, Reprinted -2014.
7. Sushruta, Sushruta Samhita, Nibandasangra commentary of Sri Dalhana Acharya and Nyaya Chandrikapanjika of Sri Gayadasacharya on Chikitsasthana Chapter 38/37-39, Reprinted -2014.
8. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Sutrasthana Chapter 28/27, Reprinted -2014.

9. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Chikitsastahana Chapter 5/34, Reprinted -2014.
10. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Chikitsastahana Chapter 13/87, Reprinted -2014.
11. Murthy K.R.S; Translation of Ashtanga Samgraha Uttarantra Chapter 40/174-175; Chaukhambha Orientalia Varanasi; Reprinted 2012
12. Sushruta, Sushruta Samhita, Nibandasangra commentary of Sri Dalhana Acharya and Nyaya Chandrikapanjika of Sri Gayadasacharya on Sutrasthana Chapter 15/12, Reprinted -2014.
13. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Chikitsastahana Chapter 16/136, Reprinted -2014.
14. Murthy K.R.S; Translation of Ashtanga Samgraha Uttarantra Chapter 28/12; Chaukhambha Orientalia Varanasi; Reprinted 2012
15. Sreekumar.T; Translation of Astanga Hridaya, Chikitsastahana; published by publication department, Harishree hospital; Chapter 22/13.
16. Sreekumar.T; Translation of Astanga Hridaya, Kalpasthana; published by publication department, Harishree hospital; Chapter 4/20.
17. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Chikitsastahana Chapter 13/68, Reprinted -2014.
18. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Siddhistahana Chapter 10/33, Reprinted -2014.
19. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Siddhistahana Chapter 7/58, Reprinted -2014.
20. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Chikitsastahana Chapter 12/16, Reprinted -2014.
21. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Siddhistahana Chapter 8/4, Reprinted -2014.
22. Role of Tikta Ksheera Basti in the management of Asthi Kshaya(Osteoporosis)Ayur-vol 30 done by Dr.Sanjay Kadlimatti.
23. Sushruta, Sushruta Samhita, Nibandasangra commentary of Sri Dalhana Acharya and Nyaya Chandrikapanjika of Sri Gayadasacharya on Chikitsasthana Chapter 38/85-86, Reprinted -2014.
24. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Siddhistahana Chapter 3/35-38, Reprinted -2014.

25. Sushruta, Sushruta Samhita, Nibandasangra commentary of Sri Dalhana Acharya and Nyaya Chandrikapanjika of Sri Gayadasacharya on Chikitsasthana Chapter 35/106-111, Reprinted -2014.
26. Murthy K.R.S; Translation of Ashtanga Samgraha Kalpasthana Chapter 5/15; Chaukhamba Orientalia Varanasi; Reprinted 2012.
27. Arunadatta, Sarvangasundara commentery, ashtanga hridayam, sutrasthana, 11/31 Chaukhamba Orientalia, Varanasi, 187.
28. Agnivesha, Acharya Charaka, Ayurveda Dipika commentary of chakrapanidatta, Chikitsastahana Chapter 29/88, Reprinted -2014
29. Sushruta, Sushruta Samhita, Nibandasangra commentary of Sri Dalhana Acharya and Nyaya Chandrikapanjika of Sri Gayadasacharya on Chikitsasthana Chapter 35/17, Reprinted -2014.