

**CONCEPT OF KSHARA BASTI - A REVIEW ARTICLE****M. Rashmi\*<sup>1</sup>, R. Jayaraj<sup>2</sup> and Rao G. Veena<sup>3</sup>**

<sup>1</sup>P.G Scholar, Department of Panchakarma, JSS Ayurvedic Medical College, Mysuru, Karnataka, India.

<sup>2</sup>Professor, Department of Kayachikitsa, JSS Ayurvedic Medical College, Mysuru, Karnataka, India.

<sup>3</sup>Professor, Department of Panchakarma, JSS Ayurvedic Medical College, Mysuru, Karnataka, India.

Article Received on  
10 Jan. 2019,

Revised on 01 Feb. 2019,  
Accepted on 21 Feb. 2019

DOI: 10.20959/wjpps20193-13311

**\*Corresponding Author****Dr. Rashmi M.**

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

**ABSTRACT**

*Ayurveda* is the science of life, in which treatment is branched into two wings namely; *Shodhana Chikitsa* and *Shamana Chikitsa*. *Shodhana Chikitsa* includes *Panchakarma*. *Ayurveda* offers knowledge to increase awareness of the factors that may cause imbalance and ways to create balance by regulating the systems of the body through *Panchakarma*. *Panchakarma* is a set of five therapies. *Basti* is one among *Panchakarma* procedures in *Ayurveda*, classically advocated in the diseases of *Vata*. *Basti* is not only best for *Vata* disorders, but also equally effective in correcting the morbid *Pitta*, *Kapha*, *Rakta*, *Samsarga*, *Sannipataja doshas*, *Marmagata*, *sakhagata* and *kosthagata*

*roga*. *Charaka* has considered *Basti* therapy as *Ardhachikitsa*, while some authors consider it as the *Poornachikitsa* for all the ailments. *Kshara basti* is one among different types of *Basti* mentioned in our classics which is classified based on usage of main ingredient. *Acharya Chakrapani* has mentioned *Kshara basti* in *Niruha Basti Adhikara*. Apart from these *Basti*, where the *Kshara*, *Gomutra* along with other *Teeksha Dravyas* are used in the preparation of *Bastis*, can also be considered as *Kshara Basti*. *Kshara basti* is more effective in *Kaphaja*, *Medoja* and *Amaja* conditions like *Amavata*, *Kaphaavruta Vata*, *Kapha Samsarga Vata*, *Sthoulya*, *Dhamanipratichaya* etc. Hence the present article is an attempt to review the concept of *Kshara Bastis* which are mentioned in our classics.

**KEY WORDS:** Basti, Kshara Basti, Ardha Chikitsa, Kapha-Medhoja Vyadhies.

## INTRODUCTION

The procedure in which Animal bladder is used to administer medicines<sup>[1]</sup> or as the medicines administered first reaches *Basti*<sup>[2]</sup>, it is considered as *Basti* in our classics. *Acharya Charaka* explains, the *Karma* in which, the medicine is administered through anal canal reaches up to the *Nabhi Pradesha, Kati, Parshva, Kukshi* churns the accumulated *Dosha* and *Purisha*, spreads the potency of the drugs all over the body and easily comes out through *Guda* along with the *Purisha* and *Dosha* is called *Basti*.<sup>[3]</sup> It is a prime treatment modality of *Ayurveda* because, it not only does the purification but also used for curative as well as preventive purpose and increases longevity of life. Mainly there are two kinds of *Basti*, *Niruha Basti* and *Anuvasana Basti*. *Kshara Basti* is a variety of *Niruha Basti*, in which *Kshara* is used in one or the other form as one among the ingredients.

*Acharya Chakrapani* has mentioned *Kshara Basti* in *Niruha Basti Adhikara*.<sup>[4]</sup> The term *Kshara Basti* is consists of two words *Kshara* and *Basti*. In this context the word *Kshara* refers to *Kshapana* i.e *Shodhana*.<sup>[5]</sup> The specific *Gunas* of *Kshara Basti* are, it should not be *Ati Teekshna, Ati Mrudu, Ati Shukla, Ati Picchila* and should be *Slakshna, Avishandi, Shiva (Soumyatva)* and *Sheegrakari*. It Also has *Tridoshagna, Agneya Gunayukta, Ushna, Teekshna, Pachana, Shodhana, Ropana, Vilayana, Shoshana, Stambana, Lekhana* properties.<sup>[6]</sup> In our classics we get references of *Bastis* where *Kshara, Gomutra* and *Teekshna dravyas* are used as one of the ingredient and those *Bastis* can also considered as *Kshara / Teekshna Basti*.

**Indication of *Kshara Basti*:** The Indications of *Kshara Basti* can be understood in these lines, based on the indication of different *Kshara Basti*.

- **Gastro-intestinal system:** *Krimi, Udavarta, Gulma, Shoola, Anaha, Vitsanga, Mutra Kruchra, Mutra Sharkara, Mutraashmari, Adhmana, Arshas, Shoola.*

- **Musculo-skeletal system**

*Amavata, Janga, Uru, Paada, Trika, Prushta Shoola.*

- **Metabolic disorder**

*Kapha – Medoja rogas like Sthoulya. Prameha, Dhamanipratichaya.*

- Others

*Kushta.*

**Contra-indication of *Kshara Basti*:** *Kshata, Ksheena, Durbala, Murcha, Rakta-Pitta, Jwara, Pitta Prakruti, Baala, Bhrama, Mada, Sukumara Stree.*

**Criteria for Selection of Patient for *Kshara Basti***

*Prakruti – Vata-kapha.*

*Vaya- Madhyama*

*Bala- Uttama Bala/ Madhyama Bala*

*Satva- Madhyama/ Pravara*

*Vyadhi Avasta- Kapha/Ama pravrudda/Avarana, Mamsagata, Medogata, Dhamani pratichaya(atherosclerotic conditions).*

***Kshara Bastis***

**1. *Kshara Basti***

- This basti is mentioned in *Chakradatta Niruha Basti Adhikara*<sup>[4]</sup> and *Vangasena*.<sup>[8]</sup>
- Indications like *Shoola, Vitsanga, Aanaha, Mutrakruchra, Krimi, Udavarta* and *Gulma*.

**The ingredients of *Basti* are.**

Ingredients	Quantity
<i>Guda</i>	2 Pala
<i>Saindhava Lavana</i>	1 Aksha
<i>Amlika</i>	2 Pala
<i>Shata Pushpa</i>	1 Aksha
<i>Gomutra</i>	8 Pala

**2. *Vaitarana Basti***

- Mentioned in *Niruha Basti Adhikara* of *Chakradatta* and *Bastikarma Adhikara*<sup>[9]</sup> of *Vangasena Samhita*.<sup>[10]</sup>
- Indicated in *Shoola, Aanaha, Amavata* and *Vata-Kaphaja* disorders.

**The ingredients are**

Ingredients	Quantity
<i>Guda</i>	1 Shukti
<i>Saindhava Lavana</i>	1 Karsha
<i>Taila</i>	<i>Ishat</i>
<i>Chincha</i>	1 Pala
<i>Gomutra</i>	1 Kudava

### Special Consideration

- In *Chakratta* it is mentioned that, *Vaitarana Basti* is *Kshara Basti* can be given even after intake of food, though it is *Niruha Basti*.
- In *Vangasena Samhita Niruha Basti Adhikara* it is mentioned that, *Vaitarana Basti* can be given after food. But if patient is strong enough, it can be given in empty stomach.
- The word *Vaitarana* means *Vitarana* i.e, to donate or go cross or to leave, which helps to expel the *Doshas*, thereby giving relief from the disease. *Vaitarana* is the name of the river which a person is supposed to cross during his death. This *Basti* is so powerful that it can bring back the life of a person who is about to cross the *Vaitarana* river.
- *Chakradatta* clearly mentioned *Gomutra* as *Avapa Dravya* in *Vaitarana Basti*, whereas *Vangasena* used word *Surabhipaya* which was translated by some modern day authors as milk. It's true that in *Sanskrit* the word *Paya* means both *Jala* and *Ksheera*. Here the meaning should be taken as *Jala* only by looking into the *Doshaavastha* and *Vyadhi* where *Vaitarana Basti* is intended to use. *Surabhipaya* means *Gojala* popularly known as *Gomutra*.

### 3. Lekhana Basti

- Mentioned in *Sushruta Chikitsa*<sup>[11]</sup> and *Vangasena Bastiadhikara*.<sup>[13]</sup>
- It has *Ushakadi Gana Dravya*<sup>[12]</sup> as *Avapa* and the drugs of *Ushakadi Gana* are *Ushaka*, *Saindhava Lavana*, *Shilajatu*, *Kasisa Dravya*( *Pushpa* and *Patra Kasisa*), *Hingu* and *Tuttha*.
- *Katu Taila* is used as *Sneha Dravya*.
- Indicated in *Kapharoga*, *Medojaroga*, *Mutra Sharkara*, *Mutraashmari*, *Gulma* and *Mutra Kruchra*.

### The Ingredients are

Ingredients	Quantity
<i>Makshika</i>	4 Pala
<i>Saindhava Lavana</i>	1 Karsha
<i>Katu Taila</i>	6 Pala
<i>Yava Kshara</i>	3 Karsha
<i>Triphala Kashaya</i>	8 Pala
<i>Gomutra</i>	3 Pala
<i>Ushakadi Dravya Prativapa</i>	2Pala

### 4. Erandamooladi Niruha Basti

- Mentioned in *Charaka Siddhista*<sup>[14]</sup>,
- It acts as *Deepana* and *Lekhana*.

- Indicated in *Janga, Uru, Paada, Trika, Prushta Shoola, Vata-kaphaja Vyadhi, Vit Mutragraha, Admana, Mutraashmari, Mutrsharkara, Arsha, Grahanipradosha and Anaaha.*

### The Ingredients are

Ingredients	Quantity
<i>Kwatha Dravyas: Erandamula Palasha, Laghupanchamula, Rasna, Ashvagandha, Atibala, Guduchi, Punarnava, Aragwadha and Devadaru</i>	3 Pala 1 Pala each (13 pala)
<i>Madhanaphala</i>	8 fruits
<i>Jala</i>	2 Adhaka (reduced to 1/8 <sup>th</sup> )
<i>Kalka Dravyas: Shatahva, Hapusha, Priyangu, Pippali, Madhuka, Bala, Rasanjana and Vatsaka Bija</i>	1 Tola each (48grams)
<i>Saindhava Lavana</i>	1 Karsha
<i>Madhu</i>	6 Pala
<i>Taila</i>	3 Pala
<i>Gomutra</i>	3 Pala

The above mentioned quantity of *Kwatha Dravyas* are added to 2 *Adhaka* of *Jala* and reduced to 1/8<sup>th</sup> part and *Kashaya* has to be prepared.

### 5. According To Charaka Siddhi

#### a) *Koshatakyadi Niruha Basti*<sup>[15]</sup>

Indicated in *Kapharoga, Mandagni* and *Annadwasha* conditions.

#### b) *Patolaadi Niruha Basti*<sup>[16]</sup>

Indicated in *Kaphaja Roga, Pandu, Alasaka, Amadosha, Marutasanga, Aatopa.*

The dose of *Basti* is not mentioned, hence according to general dose mentioned for *Kapha Dosha* can be used.

<i>Basti</i>	<i>Kashaya Dravyas</i>	<i>Kalka Dravyas</i>	Common among both
<i>Koshatakyadi Niruha Basti</i>	<i>Koshatakyadi - Koshataki, Aragwada, Arkamula, Devadaru, Gunja, Murva, Kutaja, Paata, Pulatta, Kkantakari.</i>	<i>Sarshapa, Ela, Madanaphala, Kushta.</i>	<i>Saindhava Lavana Madhu Sarshapa Taila Madhana Phala Siddha Taila.</i>
<i>Patolaadi Niruha Basti</i>	<i>Patoladi Dravya- Patola, Haritaki, Devadaru, Pippali, Dwipanchamula, Bilwa, Triphala, Madhanaphala.</i>	<i>Kalinga, Paata and Mustaka Kalka</i>	<i>Yava Kshara Gomutra (Mentioned For Patoladi Niruha Basti).</i>

### 6. *Kapharoga Naashaka Basti*

The dose of *Basti* is not mentioned, hence according to general dose mentioned for *Kapha Dosha* can be used.

a) According to *Charaka Siddhi Stana*.<sup>[17]</sup>

Ingredients	Kashaya Dravyas	Common ingredients among all.
Kaphanaashaka Basti	1. Kwatha of Arka, Alarka, Paata and Punarnava.	Saindhava Lavana Madhu
	2. Kwatha of Haridra, Triphala, Musta, Peetadaru and Gambhari.	Gomutra Kshara
	3. Kwatha of Pippali and Chitraka	Sneha (Any Vata-Kaphahara Taila/ Sarshapa Taila)

b) According to Sushruta<sup>[18]</sup> and Bhela Samhita.<sup>[19]</sup>

Ingredients	Kashaya dravyas	Kalka	Common among all
Acc. Sushruta	Aragwadadi Kwatha-8 Pala	Pippalyadi Kalka-3 Pala	Saindhava Lavana Madhu Gomutra Katu Taila
Acc. Bhela Samhita	Dashamula, Karanja, Danti, Chitaka, Paata, Turangi Triphala, Devadaru, Pootika, Rohisha, Shyama, Murva, Rajatrana	Not Mentioned	

7. *Mutra Basti*

- Mentioned in *Vangasena Bastiadhikara*<sup>[20]</sup>,
- It is Mentioned as *Sarva Vyadhihara Basti*.

## The Ingredients are

Ingredients	Quantity
Madhu	1 Prasrita
Tila Taila	2 Pala
Kalka Dravyas- Shatahva, Tintidika, Vacha, Rasna, Kushta, Devadaru, Musta, Haridra, Sarshapa, Bilva, Yavani, Saindhava Lavana And Bala	1 Pala
Erandamula Kwatha	4 Pala
Guda	1 Pala
Gomutra	8 Pala
Mamsa Rasa	1 Pala
Kanji	1 Pala
Dugdha	1 Pala
Madhana Phala	1 Pala

8. *Shuddha Basti*<sup>[21]</sup>

- Mentioned in *Vangasena Bastiadhikara*,
- Indicated in *Ama, Udavarta* and *Vata Koshta*.

**The Ingredients are**

<b>Ingredients</b>	<b>Quantity</b>
<i>Guda</i>	<i>1 Pala</i>
<i>Saindhava Lavana</i>	<i>1 Karsha</i>
<i>Amlika</i>	<i>1 Pala</i>
<i>Shatahva</i>	<i>1 Karsha</i>
<i>Gomutra</i>	<i>1 Pala</i>

**9. Gomutra Basti<sup>[22]</sup>**

- Mentioned in *Ashtanga Hrudaya Kalpa Stana*,
- Specially indicated in *Kaphaja Vyadhies*, also indicated in *Pandu, Visuchika, Shukra Anila Vibanda* and *Aatopa*.
- The dose of *Basti* is not mentioned, hence according to general dose mentioned for *Kapha Dosha* can be used.

**The Ingredients are**

<b>Ingredients</b>
<i>Madhu</i>
<i>Saindhava Lavana</i>
<i>Taila (Any Kaphahara Taila)</i>
<i>Kalka of Paata, Vatsaka, Musta .</i>
<i>Kwatha Dravyas: Dwipanchamoola, Triphala, Madhanapala, Bilwa – These Should Be Boiled In Gomutra And Kashaya has to be prepared.</i>
<i>Yava Kshara.</i>

**Mode of action of basti**

**Ayurvedic View:** There are numerous references in our *Samhitas* about the mode of action of *Basti*. Some of the references are given below.

- *Acharya sushruta* has told that the *Virya* of *Basti* drug reaches all over the body through the *Strotas* in the same way as the water poured at the root of the plant reaches upto leaves. He has further explained that even though *Basti* drugs quickly comes out with *Mala* and their *Virya* acts all over the body by the action of *Apana Vayu* and other *Vayu*. The action takes place just as sun draws moisture from earth.<sup>[23]</sup>
- *Acharya Parashara* had highlighted the importance of *Guda*, by saying that *Guda* is *Mula* for all *Siras* in the body, hence the medicine administered through *Guda* reaches up to head and nourishes the body.

- *Acharya Charaka* said that, the given *Basti* will reach *Nabhipradesha*, *Kati*, *Parsva*, *Kukshi*, and the *Veerya* of *Basti* spreads throughout the body and will churn the *Dosha Chaya* and *Mala Chaya* and expel out *Pureesha* and morbid *Dosha* completely without any complication.<sup>[3]</sup>
- *Ashtanga Sangraha* opines that, The medicine administered through *Guda* first reaches and nourishes *Apana Vayu* then *Samana Vayu*, *Vyana Vayu*, *Udana Vayu* and *Prana Vayu*. The *Virya* of *Basti Dravya* carried to *Tiryak Pradesha* by *Vyana Vayu*, to *Adha Pradesha* by *Apana Vayu* and to *Urdhwa Pradesha* by *Prana Vayu*. By this the *Virya* of drug reaches entire body by five types of *Vata* through *Strotas*, thereby nourishes the body and promotes the health and cures the diseases. (Simily: Just as the farm gets its nourishment by water supplied through channels).
- In general, effect of the *Basti* like *Utkleshana* (Exciting), *Shodhana* (Purifactory), *Shamana* (Restorative), *Brimhana* (Nourishing), *Karshana* (Extractive), *Rasayana* (Rejuvenative), *Vajikarana* (Aphrodisiac) can be achieved through the different combination of the ingredients of the individual *Basti* formulation

### **Absorption of *Basti Dravya***

*Basti* has got both local and systemic influence. The secretory action in intestinal mucosa will explain the mode of action of *Shodhana*, *Lekhana*, *Kshara*, *Teekshna Bastis*, whereas the absorptive action in intestinal mucosa will explain the mode of action of *Shamana*, *Brimhana*, *Rasayana*, *Vajeekarana Bastis*. This desired action in the intestinal mucosa will be triggered by the drugs used in the *Basti* formulation.

The ingredients of *Kshara Basti* sets in inflammation in the large intestine due to mucosal irritation. This results in secretion (which drains the morbid *Doshas* dissolved in the cellular compartment to intestinal fluid then to vascular compartment and finally to gastro-intestinal compartment. The *Basti* formulation which is hypo-osmolar emulsion drains fluid) and facilitates *Shodhana*. *Madhu* and *Guda* contains macromolecules, so generates osmotic pressure and facilitates *Shodhana*. *Basti* may be absorbed directly or by diffusion, filtration and osmosis method. Mucous membrane is capable of absorption of micro molecules, minerals, vitamins, ions etc. Alkaloid impregnated in water or lipid are absorbed activity or passively because of diffusion by concentration gradient.



The *Basti* is dispensed into the *Pravahani* part avoiding *Samvarani* and *Visargini Vali* to overcome the activity of *Vali* which responds to the stretching high in the rectum. The absorbed micro nutrients are carried to the liver for metabolism as it is drained by superior rectal vein which finally joins portal vein. How in the rectum, the absorbed micro nutrients are carried to the systemic circulation by passing the liver as it drained by the inferior and middle rectal veins, which finally joins the Inferior vena cava.

These *Bastis* may act through Vascular route, Endocrine modulation, Nervous route, Bio feedback mechanism, influencing the human bioma, Gut brain axis, Regulatory peptides, intestinal bacterial flora and many more.

***Kshara Basti Vyapath:*** *Angaarathi, Parikartika, Parisrava, Udarashoola, Udaradaha* and *Raktaatisara* can develop as complication of *Kshara Basti*. This can be managed by giving *Sneha Basti* or *Lakshanika Chikitsa*.

## DISCUSSION

The action of *Kshara Basti* depends on the ingredients present in it. The ingredients which makes *Basti* as *Teeksha* and *Kshara Guna Yukta* are *Madhu, Saindhava Lavana, Guda, Chinch, Sarshapa Taila, Ushakadi Gana Dravyas, Gomutra, Yava Kshara, Triphala Kwata* and *Lekhaneeya Kashaya Gana Dravyas*.

***Madhu***<sup>[24,25]</sup>: It is catalytic, increases osmotic permeability, hygroscopic, antioxidant. It contains macromolecules of sugar i.e fructose and sucrose creates osmotic pressure in the emulsion. This osmotic effect draws fluid out facilitating *Shodhana*. It comes under *Ikshuvarga*, it is considered as the Best *Yogavahi Dravya*, which denotes its drug (potency of the drug) Carrying Capacity. With its *Sukshma Guna* it reaches up to the *Sukshma Srotas* carries the *Aushadha*. *Madhu* considered first ingredient in the *Basti* preparation is *Mangalakara* and is an emulgent stabilizer H<sub>2</sub>O<sub>2</sub> is the antibacterial component of *Madhu*. So emulsion becomes disinfectant. Main role of *Madhu* is to increase the retention time of *Basti* by counteract the irritative property of *Saindhava*. *Madhu* has *Kashaya* and *Madhura Rasa, Ushna Veerya* and *Madhura Vipaka*, acts as *Kaphahara, Chakshushya, Thrut-Visha-Raktapittahara, Shodhana, Ropana*. Indicated in *Prameha, Kushta, Krimi, Shwasa, Kasa, Atisara* and *Vrana*.

**Saindhava Lavana:** *Lavana* is one among *Shadrassa*, having *Sookshma*, *Snigdha*, *Laghu*, *Vishyandi*, *Tikshna*, *Ushna*, *Vataghna* and *Anabhishtyandi* *gunas*, *Sheeta Virya*, *Madhura Vipaka*, acts as *Deepana*, *Paachana*, *Tridoshagna* and promotes the evacuation of bladder and rectum. Owing to the *Sukshma* property it helps the drug to reach in the micro Channels, *Saindhava* mixed with *Madhu* is capable of liquefying the viscid *Kapha* and breaking it into minute particles for their easy elimination. Similarly it may liquefy the morbid *Dosa Sanghata* and breaks it into smaller particles by virtue of its *Ushna* and *Tikshna* property respectively and thus helps their elimination. Apart from this, *Saindhava* destroys the *Pichchila*, *Bahula* and *Kashaya* properties of *Madhu* and makes close union with it to form a homogeneous mixture. It regulates acid alkaline balance, absence or less quantity of *Saindhava* is responsible for *Ayoga* and excess quantity produces *Daha* and *Atisara*. The combination of honey and *Saindhava Lavana* represents glucose and electrolytes and prevents dehydration in the patient.

**Guda**<sup>[26,27]</sup>: In *Kshara Basti* and *Vaitarana Basti* instead of *Madhu*, *Guda* is used. Here, *Purana Guda* should be taken and the properties are *Ishat Kshara*, *Naati Sheeta*, *Laghu*, *Pathyatama*, *Anabhishtyandi*, *Agnivardhaka*, *Vatakaphahara*. It acts as *Mootra Shodhaka*, *Rakta Shodhaka*, *Hrudhya*. It along with *Saindhava* makes homogenous mixture, to form a solution having properties to permeable the water easily. The retention of the irritative substances may be favoured by making its solution as nearly isotonic as possible by using colloidal fluids. It also helps in carrying the drug up to micro-cellular level. The *Guda* mainly consists of Moisture 3.6%, Sucrose 6.85%, Invert sugar 10-15%, Ash 2.5%, Protein 4%, Minerals 6%, Calcium 80mg/100g, Phosphorous 40mg/100g, Iron 11.4mg/100g and also contains Carotene, Vitamin A, Thiamine 0.02mg, Nicotinic acid 10mg/100g.

**Sneha**<sup>[28]</sup>: *Taila* in general is *Vatahara*, *Mrdukara* (Produces softness in the channels and tissues, inturn helps for easy elimination of waste substances), *Teekshna*, *Vyavayi*, *Sookshma*, *Ushna*, *Vishada*, *Guru* and *Sara*. Destroys the compact *Mala* and removes the obstruction in the channels produced by the *Mala* i.e *Malanam Vinihanti Sangam*. Apart from these functions, it protects the mucous membrane from the untoward effect of irritating drugs in the *Basti Dravya*. *Samskarita Taila* with different drugs makes it capable of alleviating all the disease, It has the capacity to acts as *Krusha* in *Brimhana* and *Karshana* in *Sthoola* patients. In *Lekhana Basti* and some of *Teeksha Basties Katu Taila*<sup>[29,30]</sup> (*Sarshapa Taila*) has mentioned as *Sneha Dravya*. *Sarshapa Taila* is having *Usha*, *Katu*, *Teeksha*, *Lekhana*,

*Deepana, Laghu Guna* and indicated in *Kandu, Kushta, Kapha Medhaja Vyadhi, Kota, Arsha, Krimi* and *Shwitra*.

**Kalka:** It gives potency to the whole combination and serves the function of *Utklesana, Dosaharana* or *Samsamana* depending upon its contents and are selected accordingly. It gives required thickness to the *Basti* formulations. It helps to disintegrate *Malas* by increasing osmotic permeability of solution. Less quantity or absence of *Kalka*, makes the *Basti Dravya* thin which comes out immediately after administration. Excess quantity of the *Kalka* makes the *Basti Dravya* thick and difficult for administration and may not come out within the expected time. *Chincha* is used as *Kalka Dravya* in *Kshara Basti*. *Pakwa Chincha* is having *Amla rasa, Vata-Kaphashamaka, Ruksha, Deepana, Sara* and *Ushna* properties.<sup>[31]</sup> These properties make it useful for the disease *Amavata* and *Kapha Rogas*. *Ruksha Guna* and *Ushna Virya* helps in counteracting the *Ama*, hence achieves *Ama Pachana*. *Chincha* contains Tartanic, citric, malic, acetic, potassium tartarate etc, 63% Carbohydrates.

**Kwatha:** It is the *Drava Dravya*, usually *Kashaya* is used. The drugs used for the preparation of *Kalka* and *Kwatha* are selected on the basis of *Dosa, Dusya* and *Srotas* involved in the pathogenesis of the disease, hence they are the main constituents of the *Basti Dravya*. Even *Lekhaneeya Mahakashaya Gana Dravyas* can be used as *Kashaya Dravyas* in *Kshara Basti* or *Teekshna Basti*. The *Lekhaneeya Gana Dravyas* are *Musta, Kushta, Haridra, Daruharidra, Vacha, Ativisha, Katurohini, Chitraka, Chirabilwa, Haimavathi*<sup>[32]</sup> (*Shwetha Vacha*) and they are having *Katu, Tikta Rasa, Ushna, Teekshna, Sookshma, Rookshna Gunas* and *Ushna Veerya, Katu Vipaka* and acts as *Kaphahara, Amapachana* and *Deepana*.

**Avapa Dravyas:** It also acts as *Dosha Uthkleshana, Shodana* or *Samshamana*. Depending on the *Dosha, Dushya* and *Samprapti* of disease, the *Avapa Dravyas* has to be selected.

In *Kshara Basti*, *Gomutra*<sup>[33,34]</sup> is the chief content used as *Avapa Dravya*, which owing to its *Katu Rasa, Katu Vipaka, Ushna Virya, Laghu, Ruksha, Tikshna Guna* pacify the *Kapha*. The *Ruksha Guna* of *Gomutra* is very much helpful in the diseased condition like *Amavata, Kapha* and *Medhoja Vyadhies*. It is considered as useful for *Kshara Basti* owing to its *Tridoshahara, Agnideepana, Ama Pachana, Srotovishodhana* and *Vatanulomaka* properties. *Triphala* is also used as *Kwatha Dravya* in *Teekshna Basties*, it has *Laghu, Rooksha, Ushna Guna* and acts as *Tridoshahara*. The chemical composition of *Gomutra* are Water 95%, Urea 2.5%, Minerals, Salts and Enzymes 2.5%.

In *Lekhana Basti Ushakadi Gana Dravyas* used as *Prativaapa Dravya*. The drugs of *Ushakadi Gana* are *Ushaka (Kshara Mrutikka)* having *Kshara Guna*. *Saindhava Lavana* having *Deepana, Paachana, Laghu, Sookshma Guna* and *Tridosahara* property. *Shuddha Shilajathu* having *Ushna, Teekshna Guna* and indicated in *Pandu, Shopha, Meha, Gulma, Pleeha, Ama* condition and considered as *Medhachedhakara*. *Shuddha Kasisa dwaya* having *Ushna, Teekshna* and *Vata Shleshmahara*. *Shuddha Hingu* having *Ushna, Paachana, Teekshna, Chedana, Deepana* and *Vatakaphahara*. *Shuddha Tutthika* having *Lekhana, Bhedana, Laghu Guna* and having *Meha Medhahara Guna*. In some other *Teeksha Basties Yava Kshara* is used as *Avapa Dravya* as it is having *Lekhana* and *Vishoshana Guna*, which acts antagonistic to *Ama, Avarana, Meda* and *Kapha*.

## CONCLUSION

*Basti* is the main treatment modality among *Panchakarma* procedure, specially indicated in *Vata Vyadhi*. *Acharya Chakrapani* has mentioned *Kshara Basti* in *Niruha Basti Adhikara*. Apart from these direct references of *Bastis in our classics* where *Kshara, Gomutra* along with *Teekshna Dravyas* are used as ingredient and those *Bastis* can also considered as *Kshar Basti*. *Kshara Basti* is a kind of *Niruha Basti* classified based on main drug used in it, works by virtue of action of ingredients present in it. The Ingredients are *Guda, Katu Taila, Chinchu, Gomutra, Triphala Kwatha, Ushakadi Gana Dravyas* and *Yava Kshara* and is indicated in *Ama, Avarana, Amavata, Mamsa* and *Kapha - Medhaja Rogas*. Before administration of *Kshara Basti* the assessment of *Prakruti, Kala, Satwa, Vyadhiavasta, bala* of *Roga* and *Rogi* is very much essential. *Kshara Basti* should always be better followed by *Anuvasana Basti* on same day to avoid *Vata Prakopa* and other complications.

## REFERENCES

1. Pandit Hari Sadasiva Sastri Paradakara, Ashtanga Hrudaya with Sarvanga Sundara and Ayurveda rasayana commentary. Varanasi: Chaukhambha Sanskrit Samsthan, Edition 2012. Sutra Stana, Chapter 19(11): 273, Pp 956.
2. Rajiv Kumar Roy, Vangasena Samhita with Chikitsasara Sangraha commentary. Varanasi: Praaccya Prakashana, Edition. Bastikarma Adhikarana, shloka, 2016; 5: 790, 879.
3. Acharya YT; ed; Agnivesa. Caraka Samhita with Ayurveda Dipika commentary of Chakrapanidatta. Varanasi: Chaukhambha Prakashana, Reprint. Siddhi sthana, Chapter 1, Shloka no, 2013; 40: 684, Pp 738.

4. Sharma P V. Translated Cakradatta. Varanasi: Chaukhambha orientalia, Edition 2007. Chapter 72: 30-31, Page no 603, Pp 731.
5. Acharya YT; *et al*; Susruta Samhita with Nibandha Sangraha and Nyayachandrika commentary. Varanasi: Chaukhambha Sanskrit Sansthan, Edition 2012. Sutra sthana, Chapter 11, Shloka no 4: 45, Pp 824.
6. Acharya YT; *et al*; Susruta Samhita with Nibandha Sangraha and Nyayachandrika commentary. Varanasi: Chaukhambha Sanskrit Sansthan, Edition 2012. Sutra sthana, Chapter 11, Shloka no 5 & 16, Page no 45 & 47, Pp 824.
7. Pandit Hari Sadasiva Sastri Paradakara, Ashtanga Hrudaya with Sarvanga Sundara and Ayurveda rasayana commentary. Varanasi: Chaukhambha Sanskrit Samsthan, Edition 2012. Kalpa Stana, Chapter 4, Shloka no 69, Page no 761, Pp 956.
8. Rajiv Kumar Roy, Vangasena Samhita with Chikitsasara Sangraha commentary. Varanasi: Praaccya Prakashana, Edition 2016. Bastikarma Adhikarana, shloka no 179-181, Page no 804, Pp 879.
9. Sharma P V. Translated Cakradatta. Varanasi: Chaukhambha orientalia, Edition 2007. Chapter 72, Shloka no 32, Page no 603, Pp 731.
10. Rajiv Kumar Roy, Vangasena Samhita with Chikitsasara Sangraha commentary. Varanasi: Praaccya Prakashana, Edition 2016. Bastikarma Adhikarana, shloka no 186-190, Page no 805, Pp 879.
11. Acharya YT; *et al*; Susruta Samhita with Nibandha Sangraha and Nyayachandrika commentary. Varanasi: Chaukhambha Sanskrit Sansthan, Edition 2012. Chikitsa sthana, Chapter 38, Shloka no 82, Page no 545, Pp 824.
12. Acharya YT; *et al*; Susruta Samhita with Nibandha Sangraha and Nyayachandrika commentary. Varanasi: Chaukhambha Sanskrit Sansthan, Edition 2012. Sutra sthana, Chapter 38, Shloka no 37-38, Page no 167, Pp 824.
13. Rajiv Kumar Roy, Vangasena Samhita with Chikitsasara Sangraha commentary. Varanasi: Praaccya Prakashana, Edition 2016. Bastikarma Adhikarana, shloka no 156, Page no 802, Pp 879.
14. Acharya YT; *ed*; Agnivesa. Caraka Samhita with Ayurveda Dipika commentary of Chakrapanidatta. Varanasi: Chaukhambha Prakashana, Reprint 2013. Siddhi sthana, Chapter 3, Shloka no 38-42, Page no 696, Pp 738.
15. Acharya YT; *ed*; Agnivesa. Caraka Samhita with Ayurveda Dipika commentary of Chakrapanidatta. Varanasi: Chaukhambha Prakashana, Reprint 2013. Siddhi sthana, Chapter 3, Shloka no 56-57, Page no 697, Pp 738.

16. Acharya YT; *ed*; Agnivesa. Caraka Samhita with Ayurveda Dipika commentary of Chakrapanidatta. Varanasi: Chaukhambha Prakashana, Reprint 2013. Siddhi sthana, Chapter 3, Shloka no 58-59, Page no 697, Pp 738.
17. Acharya YT; *ed*; Agnivesa. Caraka Samhita with Ayurveda Dipika commentary of Chakrapanidatta. Varanasi: Chaukhambha Prakashana, Reprint 2013. Siddhi sthana, Chapter 10, Shloka no 23-24, Page no 725, Pp 738.
18. Acharya YT; *et al*; Susruta Samhita with Nibandha Sangraha and Nyayachandrika commentary. Varanasi: Chaukhambha Sanskrit Sansthan, Edition 2012. Chikitsa sthana, Chapter 38, Shloka no 79, Page no 545, Pp 824.
19. Krishnamurthy. K. H. Translated Bhela Samhita. Varanasi: Chaukhambha Vishvabharati, Edition 2008. Siddhi Stana, Chapter 7, Shloka no 13-15, Page no 557, Pp 660.
20. Rajiv Kumar Roy, Vangasena Samhita with Chikitsasara Sangraha commentary. Varanasi: Praaccya Prakashana, Edition 2016. Bastikarma Adhikarana, shloka no 182-185, Page no 804: 879.
21. Rajiv Kumar Roy, Vangasena Samhita with Chikitsasara Sangraha commentary. Varanasi: Praaccya Prakashana, Edition 2016. Bastikarma Adhikarana, shloka no 177-178, Page no 804: 879.
22. Pandit Hari Sadasiva Sastri Paradakara, Ashtanga Hrudaya with Sarvanga Sundara and Ayurveda rasayana commentary. Varanasi: Chaukhambha Sanskrit Samsthan, Edition 2012. Kalpa Stana, Chapter 4, Shloka no 34, Page no 758: 956.
23. Acharya YT; *et al*; Susruta Samhita with Nibandha Sangraha and Nyayachandrika commentary. Varanasi: Chaukhambha Sanskrit Sansthan, Edition 2012. Chikitsa sthana, Chapter 35, Shloka no 24-30, Page no 527-528: 824.
24. Acharya YT; *et al*; Susruta Samhita with Nibandha Sangraha and Nyayachandrika commentary. Varanasi: Chaukhambha Sanskrit Sansthan, Edition 2012. Sutra sthana, Chapter 45, Shloka no 132, Page no 207: 824.
25. Bulusu Sitaram. Translated Bhavaprakasha. Varanasi: Chaukhambha Orientalia, Edition 2012. Ikshuvarga, Shloka no 1-2, Page no 554: 742.
26. Acharya YT; *et al*; Susruta Samhita with Nibandha Sangraha and Nyayachandrika commentary. Varanasi: Chaukhambha Sanskrit Sansthan, Edition 2012. Sutra sthana, Chapter 45, Shloka no 160-161, Page no 209: 824.
27. Bulusu Sitaram. Translated Bhavaprakasha. Varanasi: Chaukhambha Orientalia, Edition 2012. Ikshuvarga, Shloka no 24-25, Page no 557: 742.

28. Bulusu Sitaram. Translated Bhavaprakasha. Varanasi: Chaukhambha Orientalia, Edition 2012. Tailavarga, Shloka no 2-7, Page no 541: 742.
29. Bulusu Sitaram. Translated Bhavaprakasha. Varanasi: Chaukhambha Orientalia, Edition 2012. Tailavarga, Shloka no 13-15, Page no 542: 742.
30. Acharya YT; *et al*; Susruta Samhita with Nibandha Sangraha and Nyayachandrika commentary. Varanasi: Chaukhambha Sanskrit Sansthan, Edition 2012. Sutra sthana, Chapter 45, Shloka no 117, Page no 206: 824.
31. Bulusu Sitaram. Translated Bhavaprakasha. Varanasi: Chaukhambha Orientalia, Edition 2012. Amra Varga, Shloka no 142-143, Page no 394: 742.
32. Acharya YT; ed; Agnivesa. Caraka Samhita with Ayurveda Dipika commentary of Chakrapanidatta. Varanasi: Chaukhambha Prakashana, Reprint 2013. Sutra sthana, Chapter 4, Shloka no 58-59, Page no 697: 738.
33. Acharya YT; *et al*; Susruta Samhita with Nibandha Sangraha and Nyayachandrika commentary. Varanasi: Chaukhambha Sanskrit Sansthan, Edition 2012. Sutra sthana, Chapter 45, Shloka no 220-221, Page no 213: 824.
34. Bulusu Sitaram. Translated Bhavaprakasha. Varanasi: Chaukhambha Orientalia, Edition. Mutravarga, Shloka no 1-6, 2012; 540: 742.