

STANDARDIZATION OF BASTI DRAVYA IN THE FORM OF PANCHKARMA KIT- NEED OF THE ERA

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ABSTRACT

Ayurveda suggests preventive and therapeutic aspects as well as purification and rejuvenation procedures. Ayurveda is not more than just a healing practice, it is also a science and an art of living that promotes longevity. Ayurveda's basic body purifying and detoxification technique is Panchakarma. Panchakarma is a Sanskrit word that means 'Five remedies'. Basti is one among the panchakarma and is said as ardha chikitsa by Acharya Charaka. Basti is not only beneficial in treating vata diseases, but it is also beneficial in combating excessive pitta, kapha and rakta. To get success in day to day Ayurveda practice physician must procure standard medicines which should be processed with proper way. Preparation of basti dravya itself is time consuming. By keeping standardization of Ayurvediya Panchakarma treatment in view we have designed unique, innovative and first ever FDA approved Panchakarma Kit. This is strictly developed as per classical references. With this every physician will get authentic product.

KEYWORDS: Panchakarma kit, Ayurveda treatment, Standardization

INTRODUCTION

Panchakarma therapies are extremely unique medically because of their preventative, curative and rehabilitative, prophylactic, and rejuvenative capabilities, as well as their ability to provide drastic cure in some diseases. Basti Karma is a method that is applicable to all Vataj Vyadhis (Diseases of Vata predominance). Acharya Charaka likened Basti's action to watering plants at their roots. When the roots are hydrated, the entire plant absorbs the water, from the roots to the leaves, flowers, and fruits.¹ Similarly, Basti (Medicated enema) permeates the entire body and eliminates

Vata Dosha disorders when provided through the anus in the rectum and colon.

Adopting an Ayurvedic therapy approach such as Basti Karma would aid in restoring Vata to equilibrium. As a result, it is to be considered as one of the ideal therapies for disorders characterised by Vata dosha dominance; in support of this, Vagbhata refers to it as "Ardha chikitsa" (Half the treatment).² It is regarded as superior to other therapeutic measures because to its many acts such as Samshodhana, Samshamana, Samgrahana, Vajikarana, Brahmana, Karshana, Preenana, and Vayasthapana.³

But due to many reason like unavailability of ingredient, rareness of content, making product at lower standard etc Ayurveda physician could not follow standard operating procedure for panchkarma, including material, method and execution. So, results may vary physician to physician. Due to this reason, Ayurveda practice is more physician centric than science, even same treatment available in all Ayurveda clinics. In order to combat this situation uniformity is very essential and here the invention of panchkarma kit.

AIM AND OBJECTIVES

To develop a product as per the reference in classical Ayurveda text.

To provide a standard quality product for panchkarma.

To maintain the uniformity in Ayurveda practice.

MATERIALS AND METHODS

We have designed Unique, Innovative and First ever FDA approved all panchkarma basti kits that have been routinely used in clinical practice. All panchkarma kits are developed and manufactured by sanjivani Aushadhalaya with association of Shree Bramhachaitanya Ayurveda Pharmaceutical Company, Nagpur Maharashtra. Every kit has been developed in 3 quantities 500ml, 750ml and 1000ml for the sake of convenience for different age group.

Table No.1 Erandmuladi Basti² ingredients and quantity:

Name of Basti	Ingredients	Quantity
Erandamuladi Basti Kit 500	Murchit Til Taila (<i>sesamum indicaum</i>) 50ml, Erandamuladi Bharad 50g, Vachadi Churna 30g, Madhu (<i>Honey</i>) 50ml, Saindhav (<i>Rock Salt</i>) 5g	500ml
Erandamuladi Basti Kit 750	Murchit Til Taila(<i>sesamum indicaum</i>) 100ml, Erandamuladi Bharad 100g, Vachadi Churna 30g, Madhu (<i>Honey</i>) 100ml, Saindhav (<i>Rock Salt</i>) 5g	750ml
Erandamuladi Basti Kit 1000	Murchit Til Taila (<i>sesamum indicaum</i>) 200ml, Erandamuladi Bharad 150g, Vachadi Churna 60g, Madhu (<i>Honey</i>) 100ml, Saindhav (<i>Rock Salt</i>) 15g	1000ml

Erandmooladi Bharad³ Contains Erandarnula (*Ricinus communis*), Palash Chhal/Fool (*Butea monosperma*), Shalparni (*Desmodium gangeticum*), Prushniparni (*Uraria Picta*), Badi Kateri (*Solanum Indicum*), Chhoti Kateri (*Solanum Xanthocarpum*) Gokharu (*Tribulus terrestris*), Rasna (*Pluchea lanceolata*), Bala

(*Sida cordifolia*) Guduchi (*Tinospora cordifolia*), Ashwagandha (*Withania somnifera*), Punarnava (*Boerhavia diffusa*), Arangwadha (*Cassia fistula*), Devdaru (*Cedrus deodara*), Madanphala (*Randia dumetorum*)

Vachadi Kalka⁴ Contains- Vacha (*Acorus calamus*) Shatavha (*Anethum graveolens*)

Hapusha (*Juniperus communis*) Priyangu (*Callicarpa macrophylla*), Jeshthamadh (*Glycyrrhiza glabra*), Pippali (*Piper longum*), Indrajav (*Holarrhena* *antidysenterica*), Nagarmotha (*Cyperus rotundus Tuber*), Trayaman (*Gentiana kurroo*)

Table No.2 Shodhana Basti⁵ ingredients and quantity:

Name	Ingredient	Quantity
Shodhan Basti Kit 500	Murchit Til Taila (<i>sesamum indicaum</i>) 50 ml, Asthanan Basti Bharad 50g, Putoyavanyadi Churna 30g, Madhu (<i>Honey</i>) 50ml, Saindhav (<i>Rock Salt</i>) 5g	500ml
Shodhan Basti Kit 750	Murchit Til Taila (<i>sesamum indicaum</i>) 100 ml, Asthanan Basti Bharad 100g, Putoyavanyadi Churna 30g, Madhu (<i>Honey</i>) 100ml, Saindhav (<i>Rock Salt</i>) 10g	750ml
Shodhan Basti Kit 1000	Murchit Til Taila (<i>sesamum indicaum</i>) 200 ml, Asthanan Basti Bharad 150g, Putoyavanyadi Churna 60g, Madhu (<i>Honey</i>) 100ml, Saindhav (<i>Rock Salt</i>) 15g	1000ml

Asthanan Basti⁶ Bharad Contains – Patala (*Stereospermum suaveolens*), Agnimantha (*Premna Integhfolia*), Bilwa (*Aegle marmelos*), Shonyak (*Oroxylum indicum*), Gambhari (*Gmelina Arborea*), Shalparni (*Desmodium gangeticum*) Prushnipami (*Uraria Picta*), Chhoti Kateri (*Solanum Xanthocarpum*), Bala (*Sida cordifolia*), Gokharu (*Tribulus terrestris*), Badi Kateri (*Solanum Indicum*), Eranda (*Ricinus communis*) Punnamava (*Boerhavia diffusa*), Yava (*Hordeum vulgate*), Kol (*Ziziphus mauritiana*), Kulitha (*Macrotyloma uniflorum*), Guduchi (*Tinospora cordifolia*),

Madanphala (*Randia dumetorum*) Palash (*Butea monosperma*)

Putoyavanyadi Churna⁷ contains- Ajavayan (*Trachyspermum amrni*), Madanphal (*Randia dumetorum*), Bilwa (*Aegle marmelos*), Kushtha (*Saussurea lappa*), Vacha (*Acorus calamus*), Shatahva (*Anethum graveolens*), Nagarmotha (*Cyperus rotundus Tuber*), Pippali (*Piper longum*)

Benefits

Shodhan of Doshas, Control and balance vatadosha , To enhance health and Immunity, General Shodhan in Varsha Ritu for normal person.

Table No.3 Lekhan Basti⁸ ingredients and quantity:

Name	Ingredient	Quantity
Lekhan Basti Kit 500	Murchit Til Taila (<i>sesamum indicaum</i>) 50ml, Triphala Bharad 50g,	500ml

	Hinguvachadi churna 30g, Madhu (Honey) 50ml, Saindhav (Rock Salt) 5g, Yavakshar (<i>Hordeum vulgare</i>) 5g, Gomutra Ark (Cow urine) 10 ml	
Lekhan Basti Kit 750	Murchit Til Taila (<i>sesamum indicaum</i>) 100ml, Triphala Bharad 100g, Hinguvachadi churna 30g, Madhu (Honey) 100ml, Saindhav (Rock Salt) 10g, Yavakshar (<i>Hordeum vulgare</i>) 10g, Gomutra Ark (Cow urine) 20 ml	750ml
Lekhan Basti Kit 1000	Murchit Til Taila (<i>sesamum indicaum</i>) 200ml, Triphala Bharad 150g, Hinguvachadi churna 60g, Madhu (Honey) 200ml, Saindhav (Rock Salt) 15g, Yavakshar (<i>Hordeum vulgare</i>) 15g, Gomutra Ark (Cow urine) 30 ml	1000ml

Triphala Bharad⁹ Contains - Amalaki (*Phyllanthus emblica*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*)

Hinguvachadi churna¹⁰ Contains Hing (*Ferula assafoetida* Resins), Vacha (*Acores calamus*), Harada (*Terminalia chebula*) Tulsi - Vanatulasi (*Ocimum sanctum*), Dadima – (*Punica granatum*), Ajavayan (*Trachyspermum ammi*), Dhane (*Coriandru sativum*) Pashkarmul (*Inula racemosa*),

Patha (*Cydea pefata*) Kachur Shathi (*Hedychium spicatum*), Chitrak (*Plumbago zeylanica*), Hapusha (*Juniperus commuvis*), Yavakshara (*Carbonate of Potash*), Sauvarchala Namak (*Black salt*), Saindhava Namak (*Rock salt*) Vida Namak (*Sea salt*), Sunthi (*Zingiber officinale*), Pippali (*Piper longum*) Marich (*Piper nigrum*), Jeera (*Cuminum cyminurn*), Chavya (*Piper mullusea*), Amlavetas (*Garcinia Indica*)

Table No.4 Mustayapan Basti¹¹ ingredients and quantity:

Name	Ingredients	Quantity
Mustadi Yapan Basti Kit 500	Murchit Til Taila (<i>sesamum indicaum</i>) 50ml Mustadi Yapan Basti Bharad 50g Jeshthamadhadi Churna 30g Madhu (Honey) 50ml Saindhav (Rock Salt) 5g	500ml
Mustadi Yapan Basti Kit 750	Murchit Til Taila (<i>sesamum indicaum</i>) 100ml Mustadi Yapan Basti Bharad 100g Jeshthamadhadi Churna 30g Madhu (Honey) 100ml Saindhav (Rock Salt) 10g	750ml
Mustadi Yapan	Murchit Til Taila (<i>sesamum indicaum</i>) 200ml	

Basti Kit 1000	Mustadi Yapan Basti Bharad 150g Jeshthamadhadi Churna 60g Madhu (Honey) 100ml Saindhav (Rock Salt) 15g	1000ml
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Mustadi Yapan Basti Bharad¹² -Contains Nagarnotha (*Cyperus rotundus*), Guduchi (*Tinospora cordifolia*), Bala (*Sida cordifolia*), Rasna (*Pluchea lanceolata*), Punnarnava (*Boerhavia diffusa*) Manjistha (*Rubia cordifolia*) Amaltas (*Cassia fistula*), Khas (*Vetiver zizanioides*), Trayamana (*Gentiana kurroo*), Behada (*Terninalia bellirica*) Kutaki (*Picrorhiza Kurroa*), Shalparni (*Desmodium gangeticum*) Prushniparni (*Uraria Picta*), Badi Kateri (*Solanum anguivi*), Chhoti Kateri (*Solanum virginianum*), Gokharu (*Tribulus terrestris*), Madanphala (*Randia dumetorum*)

Contains Yashtimadhu (*Glycyrrhiza Glabra*), Satahva (*Anethum graveolens*), Shyama (*Operculina turpethum*), kalinga (*Caesalpinia bonducella*), Rasanjanan (*Berberis aristata*)

Benefits:It is useful in increasing vigour, strength and semen. It is useful in katishula, pain in back, thigh and calf region, headache and vatarakta. It has rasayan properties.

Cervical spondylotic myelopathy, Ankylosing spondylitis, Diabetic Neuropathy Shukrakshaya, Mamsakshaya, Balakshaya, Indriyakshaya, Male and female infertility (Vandhyatva)

Jeshthamadhadi Churna¹³

Table No.5 Mustayapan Basti¹⁴ ingredients and quantity:

Name	Ingredients	Quantity
Madhutailika Basti Kit 500	MurchitTil Taila (<i>sesamum indicaum</i>) 50ml, Erانداملادي Bharad 50g, Shatapushpa Churna (<i>Anethum graveolens</i>) 30g, Madhu (Honey) 50ml, Saindhav (Rock Salt) 5g	500ml
Madhutailika Basti Kit 750	Murchit Til Taila (<i>sesamum indicaum</i>) 100ml, Erانداملادي Bharad 100g, Shatapushpa Churna (<i>Anethum graveolens</i>) 30g, Madhu (Honey) 100ml, Saindhav (Rock Salt)10g	750ml
Madhutailika Basti Kit 1000	MurchitTilTaila (<i>sesamum indicaum</i>) 200ml, Erانداملادي Bharad 150g, Shatapushpa Churna (<i>Anethum graveolens</i>) 60g, Madhu (Honey) 100ml, Saindhav (Rock Salt) 15g	1000ml

Erاندमूलادي Bharad¹⁵ Contains - Erاندarnula (*Ricinus communis*), Palash Chhal/Fool (*Butea monosperma*), Shalparni (*Desmodium gangeticum*), Prushniparni (*Uraria Picta*), Badi Kateri (*Solanum Indicum*), Chhoti Kateri (*Solanum*

Xanthocarpum) Gokharu (*Tribulus terrestris*), Rasna (*Pluchea lanceolata*), Bala (*Sida cordifolia*) Guduchi (*Tinospora cordifolia*), Ashwagandha (*Withania somnifera*), Punarnava (*Boerhavia diffusa*), Arangwadha (*Cassia fistula*), Devdaru

(*Cedrus deodara*), Madanphala (*Randia dumetorum*)

Benefit: The person of tender nature, the women, the children, old person to remove the morbid dosha and to gain the strength and complexion, indicates its mrudu Soft nature. It does not require any regimens, may be given at any time, without complication and provides much better results.

Cures Krumi, kushtha, udavarta, Gulma, Arsha, Bradhna, Pliha, Meha.

Deepan, Bruhnam, Balavarna Kara, Nirupadrava, Vrushya, Rasayan Chronic Skin Diseseses, Chronic Urinary disorders, Diabetes Mellitus, Tumours in GI tract.

DISCUSSION

As the product manufactured in GMP certified pharmacy under the observation of experts, Basti kit has various component like Bharad (coarse powder), Oil, and honey and salt, so shelf life of the Basti Kit is as per Standard decided as one year. In modern medicine, enema is primarily used to eliminate excrement from the large intestine, however in Ayurveda, basti is used as a route of drug delivery for multiple actions, acting locally on the large intestine as well as systematically over the whole body. The Panchakarma technique eliminates these toxins from the body, allowing tissues, channels, digestion, and mental functions to heal properly. Treatment in Ayurveda is divided into two categories: Shodhana and Shamana. Shodhana chikitsa, or the principle of Panchakarma, is the process of curing a condition by removing impurities. It entails the elimination of disease-causing vitiated doshas (vata, pitta, and kapha) and the restoration of dosha balance. Various basti are mentioned in Classical text for corresponding disease treatment.

Importance of Panchakarma

- The importance of Panchakarma is demonstrated by the fact that it is essentially relevant to all instances, covering a wide spectrum of preventive, curative, and promotional conditions.
- Conservative care/Samana chikitsa is ineffective unless Sodhana therapy is used first.
- Conservative management/Samana chikitsa does not work adequately if Sodhana therapy is not preceded.
- Panchakarma therapy for its purificatory role is a general way of management of diseases. As a result, the technique remains largely the same in each condition, with only a few exceptions.
- Panchakarma, when performed in accordance with the season and bodily constitution, provides bio purifications, immune enhancement, and disease prevention.
- Panchakarma, when performed in accordance with the season and bodily constitution, provides bio purifications, immune enhancement, and disease prevention. At the very least, no other medical system has such a therapy.

It is very necessary to practice the panchkarma procedure with quality product which has been certified on different quality parameter by established by government. So our Panchkarma kits are Unique, Innovative & First ever FDA Approved specially designed for standardization of Ayurveda treatment.

CONCLUSION

As mentioned previously, Basti Karma is a multi-faceted therapy approach. It is not only curative, but also disease preventative and health promoting. Still, it is dependent on the

Vaidya's knowledge to consider many elements such as Dravya selection, preparation and administration schedule, and manner of administration, according on the ailment being handled. When Basti is appropriately manufactured as given in text reference and delivered, as like Panchkarma Basti Kits the benefits will undoubtedly be felt in the body as the disease symptoms get relieved and the health of the healthy is maintained.

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