



Review Article

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DOSE OF *MATRA BASTI* - A REVIEW ARTICLE

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ABSTRACT

With five well planned procedures for internal body cleaning via the closest route, Panchakarma offers a distinctive take on Ayurveda. *Vamana*, *Virechana*, *Basti*, *Nasya*, and *Raktamokshana* are these. *Basti Chikitsa* is regarded by Ayurveda as one of the most significant Panchakarma treatments. In *Basti Karma*, the anal route is used to deliver the medicinal oil or herbal concoction. Among the *Sneha Basti* is *Matra Basti*. The reason it is called so is because, in comparison to *Sneha Basti*, the amount of *Sneha* utilized in it is relatively less. *Matra Basti* that there are no dietary or lifestyle restrictions when using *Matra Basti*. It can be given constantly throughout the year. Because *Sneha* is given in the *Hraswamatra*, the name *Matra Basti* is well-known solely for its dosage. This page explains how the dosage of *Matra Basti* varies depending on the *Achaya*.

Keywords - *Matra Basti*, Properties and Importance of *Matra Basti*, Dose

INTRODUCTION

Panchakarma is the super specialization among the several treatment specialties offered by Ayurveda. With Panchakarma, one can prevent disease from arising and treat illnesses naturally by using a variety of therapy modalities to preserve good health. *Basti* is regarded

as the most significant ingredient in Panchakarma¹, as it addresses the underlying causes of morbid *Vata Dosha* and its related *doshas*. *Basti* is therefore regarded as the *Ardha Chikitsa* of all diseases. According to some writers, it's the all-encompassing cure for every illness². *Basti* performs the same duties as *Karshana* in an obese person and *Brimhana* in an emaciated person, in addition to having both *Samshodhana* and *Samshamana* effects. On the basis of *Basti Dravya*, Acharya Sushruta identified two forms of *basti*, namely *Sneha* and *Niruha basti*³. Four primary forms of *Sneha* are given in *Sneha Basti*: medicated *Taila*, *Ghritha*, *Vasa*, and *Majja*. The primary subject matter in *Niruha Basti Kashaya*. Typically, *Niruha Basti* is made with *Kashaya*, *Madhu*, *Saindhava*, *Sneha*, and *Kalka* as ingredients. Again, based on dosage, *sneha basti* is divided into three categories: *sneha basti*, *anuvasana basti*, and *matra basti*⁴. Among the *Sneha Basti* is *Matra Basti*. The reason it is called so is because, in comparison to *Sneha Basti*, the amount of *Sneha* utilized in it is relatively less. In this context, *Matra* refers to measurement, specifically the quantity of *Basti Dravya*. The term *Matra* has multiple meanings, including measurement, quantity, size, duration, number, degree, unit of time, and moment. *Matra Basti*, according to all the Acharyas, is a variation or subtype of *Anuvasana Basti*. Nonetheless, there are disagreements among them on the dosage.

Importance of *Matra Basti*:

Charaka has made it abundantly evident how important *Matra Basti* is and that there are no dietary or lifestyle restrictions when using *Matra Basti*. It can be given consistently throughout the year⁵. Additionally, he utilized the word "*Sukhopachaya*," which denotes anything that is simple to administer. *Astanga Samgraha* adds to the previous assertion by stating that this *Matra* is always applicable, much as *Madhutailika Basti*. *Matra Basti*, in contrast to *Anuvasana Basti*, can be used for *Alpagni*, *Vruddha*, and *Bala* situations. This kind of *Basti* has no *Parihara*⁶. The same opinion is held by Astanga Hridaya, who has added the word *Sukha*. In response to a comment on the word *Sukha*, Hemadri defines it as *Vyapad Rahita*, meaning without complexities. When Aruna Datta comments on the term *Nishparihara*, she says that *Aniyantrana* signifies that daily activities are unrestricted during *Matra Basti*⁷.

Matra Basti's attributes:

1. *Balya*
2. *Srushta vegakruta*
3. Discusses the *Brimhana* effect.
4. Treats *Vyadhi Vata*.
5. The *Doshaghanta*.
6. *Varnya* (produces a healthy complexion)^{8,9}.

DISCUSSION

Doses of *Matra Basti*-

Because *Sneha* is given in the *Hraswamatra*, the term "*matrabasti*" is well-known solely for its dosage. Acharya Charaka referred to as "*Hruswa Sneha Matra*," although he did not specify the precise number¹⁰. On the other hand, *Hruswa Snehapana's* recommended dose was matched by Acharya Vagbhata^{11,12}. The *Hruswa Matra* of *Snehapana*¹³ is the *Matra* that digests in two *Yama* (6 hours), yet it is not stated what dosage is needed to digest in two *Yama*. According to Sushruta, the dosage of *Anuvasana Basti* is half that of *Sneha Basti*, and he has administered the dose as half of that of *Anuvasana Basti*. The dosage for *Sneha Basti* is 1/4 of the total dose for *Niruha Basti*, or 6 *Pala* (24 *Tola*). Therefore, 1½ *Pala*¹⁴ = 6 *Tola* = 72 ml is the dosage of *Matra Basti*. Chakrapani states that the doses of *Anuvasana*, *Matra*, and *Sneha* are 6 *Pala*, 3 *Pala*, and 1½ *Pala*¹⁵, respectively. *Sneha Matra* of *Matra Basti* was described by *Sharangandhara* as 2 *Palas* (8 *Tolas*)¹⁶. The amount of *Matra Basti* that Acharya *Kashyapa* recommended was two *Palas* as *Uttama Matra*, one *Pala* as *Madhyama Matra*, and one *Prakuncha* as *Hraswa Matra*. He went so far as to say that half of the *Pala* of *Sneha* can be given to a newborn baby without any fear or complications^{17,18}. The dose of *Matra Basti* is 1½ *Pala* of *Sneha*, or 6 *Tola* = 72 ml, according to the literature mentioned above. The *Matra Basti* dosage according to several Acharyas is listed in Table No.1. *Matra Basti* Dose by Age-19 in Table No. 2

Table no.1- Dose of *Matra Basti* according to Different *Acharya*

| <i>Name of the Acharya</i> | <i>Dose of Matra Basti</i> |
|----------------------------|---|
| <i>Charak</i> | <i>Hrusva Snehapana Matra</i> |
| <i>Sushruta</i> | <i>1½ Pala</i> |
| <i>Vrudhha Vagbhata</i> | <i>Hrusva Snehapana Matra</i> |
| <i>Laghu Vagbhata</i> | <i>Hrusva Snehapana Matra</i> |
| <i>Kashyapa</i> | <i>Uttama Matra - 2</i> <i>Prakuncha Madhyama Matra - 1</i> <i>PrakunchaAvara Matra - 1 PrakunchaBala - ½ Prakuncha</i> |
| <i>Sharangadhara</i> | <i>2 Pala or 1 Pala</i> |
| <i>Bhavaprakasha</i> | <i>2 Pala or 1 Pala</i> |

Table no.2- Dose of *Matra Basti* according to Age¹⁹

| Sl.no | Age in Years | Matra in Tola | Sl no | Age in Years | Matra In Tola |
|--------------|---------------------|----------------------|--------------|---------------------|----------------------|
| 1 | 1 year | ¼ | 11. | 11 year | 2 ¾ |
| 2 | 2 year | ½ | 12. | 12 year | 3 |
| 3 | 3 year | ¾ | 13. | 13 year | 3 ½ |
| 4 | 4 year | 1 | 14. | 14 year | 4 |
| 5 | 5 year | 1 ¼ | 15. | 15 year | 4 ½ |
| 6 | 6 year | 1 ½ | 16. | 16 year | 5 |
| 7 | 7 year | 1 ¾ | 17. | 17 year | 5 ½ |
| 8 | 8 year | 2 | 18. | 18 year | 6 |
| 9 | 9 year | 2 ¼ | 19. | 19-70 years | 6 |
| 10 | 10 year | 2 ½ | 20. | 70 year above. | 5 |

Arohana Krama Matrabasti:

In the Sharangadhara Samhita commentary, Acharya Adamalla explains the *Arohana krama* of *Matra Basti*²⁰. Table no.3: *Matra Basti* dose according to *Arohana Krama* Three doses are described for *Anuvasana Basti* in *Chakradatta*²¹ and in *Vangasena Samhita*²²: 6 *Pala* is the *Jyeshtha Matra*, 3 *Pala* is *Madhyama Matra*, and 1½ *Pala* is *Kaneeyasi Matra*. The initial dosage for *Jyeshtha Matra* is 2 *Pala* (96 ml), which is increased by ½ *Pala* (24 ml) every day until it reaches 6 *Pala* on the ninth day; for *Madhyama Matra*, the starting dose is 1 *Pala* (48 ml), which is increased by ¼ (12 ml) every day until it reaches 3 *Pala* on the ninth day; and for *Kaneeyasi Matra*, the initial dose is ½ *Pala* (24 ml) and increased by 6 ml every day until it becomes 1½ *Pala* on the ninth day.

Table no.3- Dose of *Matra Basti* according to *Arohana Krama*

| | Start | 1 st day | 2 nd day | 3 rd day | 4 th day | 5 th day | 6 th day | 7 th day | 8 th day | 9 th day |
|-----------------------|------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| <i>Uttama Matra</i> | 8 <i>Tola</i> | 8 <i>Tola</i> | 10 <i>Tola</i> | 12 <i>Tola</i> | 14 <i>Tola</i> | 16 <i>Tola</i> | 18 <i>Tola</i> | 20 <i>Tola</i> | 22 <i>Tola</i> | 24 <i>Tola</i> |
| | | 96 ml | 120 ml | 144 ml | 168 ml | 192 ml | 216 ml | 240 ml | 264 ml | 288 ml |
| <i>Madhyama Matra</i> | 4 <i>Tola</i> | 4 <i>Tola</i> | 5 <i>Tola</i> | 6 <i>Tola</i> | 7 <i>Tola</i> | 8 <i>Tola</i> | 9 <i>Tola</i> | 10 <i>Tola</i> | 11 <i>Tola</i> | 12 <i>Tola</i> |
| | | 48 ml | 60 ml | 72 ml | 84 ml | 96 ml | 108 ml | 120 ml | 132 ml | 144 ml |
| <i>Hrusva Matra</i> | 2 <i>Tola</i> | 2 <i>Tola</i> | 2.5 <i>Tola</i> | 3 <i>Tola</i> | 3.5 <i>Tola</i> | 4 <i>Tola</i> | 4.5 <i>Tola</i> | 5 <i>Tola</i> | 5.5 <i>Tola</i> | 6 <i>Tola</i> |
| | | 24 ml | 30 ml | 36 ml | 42 ml | 48 ml | 54 ml | 60 ml | 66 ml | 72 ml |

CONCLUSION

Ayurvedic panchakarma is a highly special kind of therapy. *Basti* is one of them. *Matra*, which meaning dose, is very significant in both *Basti* and Panchakarma. Making a dosage or *Matra* decision requires competence. It necessitates complete dosage information. Through the practice of *Yukti Pramana*, a doctor succeeds.

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