

Original Research Article

Volume 14 Issue 04

April 2025

SCIENTIFIC UNDERSTANDING OF *MADHUTALIK, ERAMDMULADI, YAPAN & ARDHAMATRIKA BASTI* & THEIR APPLICATIONS

Dr. Radha Avinashrao Chawardol

Assistant Professor (*Panchakarma*) Pravara Rural Ayurved College, Loni Tq. Rahata, Dt. Ahilya Nagar, Maharashtra, India.

Email id: dr.radha24@gmail.com

Abstract

Basti serves as a method for therapeutic intervention in Ayurveda. The composition of Basti formulations; plays a crucial role in determining the effectiveness of the therapy. Basti Chikitsa is very effective for treating Vata-type disorders. As per Acharya Charaka, Basti is equal to half of the entire treatment, whereas other Acharyas view it as an entire therapy of different diseases. Madhutailika Basti is a type of Yapana Basti, which is itself a twin-purpose treatment both Niruha and Anuvasana Basti. Yapana Basti has dual properties of both Niruha and Sneha Basti, thus provides both purifying and nurturing benefits. The specific preparation and administration methods of Basti, such as its emulsion-like character, ingredient compatibility, and order of mixing, were proved to play pivotal roles in the maximization of therapeutic benefits. The present study aims to explore scientific perspectives of Madhutalik, Eramdmuladi, Yapan & Ardhamatrika Basti. Eranda Muladi Yapana Basti and Ardhamatrika Basti are considered good for the treatment of diseases such as Gridhrasi and Sandhigatavata. Ardhamatrika Basti with its Rasayana and Brihmana attributes also considered useful in enhancing symptoms of Sandhigatavata and other Vata related disorders.

Key-Words: *Madhutalik Basti, Eramdmuladi Basti, Ardhamatrika Basti, Panchakarma*

Introduction

Batsti is one of the therapeutic techniques amongst many of *Panchakarma* therapies. It is constantly contrasted with traditional retention and evacuation enema. *Basti* is mainly made using oil, honey, *Kwaatha* and *Kalka*. The process of administering *Basti* must maintain the homogeneity for a certain amount of time. *Basti* is mainly applied to the treatment of *Vata Dosha* related disorders. This therapy is most effective for treating neurological, skeletal and gastrointestinal disorders, etc. Based on the intensity of duration it can be classified in three different categories as mentioned in **Figure 1** [1-3].

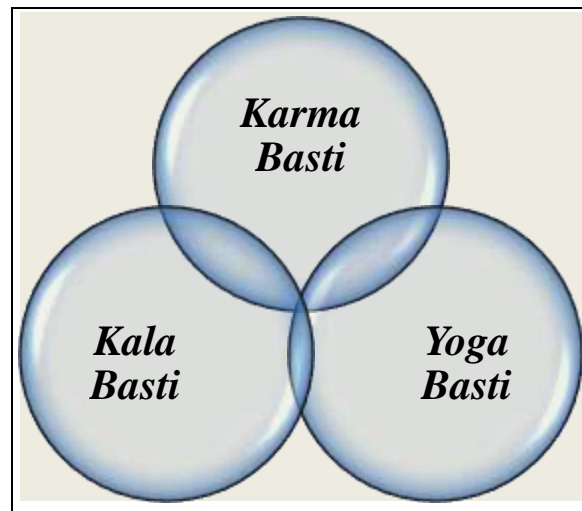


Figure 1: Types of *Basti* based on the intensity of duration

The intensity of *Basti* therapy depends upon the therapeutic need. *Karma Basti* is a rigorous course involving and is applied in chronic *Vata*-related disorders. *Kala Basti*, a middle duration course and *Yoga Basti* is less intense regimen for acute conditions.

Furthermore, several specialized *Bastis* are mentioned in ancient texts. *Matra Basti*, is a small-dose oil enema, is safe for daily administration, particularly in elderly or weakened patients. *Lekhana Basti*, containing scraping herbs and free of fats, is useful in *Ama* and obesity conditions. *Brimhana Basti* is supportive and used in emaciation or *Vata-kshaya* conditions [2-4].

Basti is also divided into two main categories according to contents; *Niruha Basti* and *Anuvasana Basti*. *Niruha Basti* is a decoction-based *Basti* containing substances such as *Kashaya*, *Sneha*, *Kalka*, *Madhu* and *Saindhava*. It is given typically in the daytime on an empty stomach for detoxifying and treating *Vata* disorders of deep origin. Another type is

Anuvasana Basti which is an oily preparation, used to supply lubrication and nutrition, to pacify irritated *Vata Dosha*. These all *Basti* therapies are indicated for a variety of diseases such as *Aamvata*, *Gridhrasi*, *Kati Shoola*, *Sandhigata Vata* and *Pakshaghata*, etc. This article explore scientific perspectives of *Madhutalik*, *Eramdmuladi*, *Yapan & Ardhamatrika Basti* [3-5].

Maadhutailika Basti

Madhutailika Basti consists of *Mridu Veerya* medicines, is having broad spectrum effect without complications. There is no special *Parihara Vishaya* when administering *Madhutailika Basti* for therapeutic purpose. It can be administered in all seasons and in all diseases. Since *Madhutailika Basti* is a *Niruha Basti*, the maximum retention time is one *Muhurta*. *Madhutailika Basti* possesses *Sneha Basti's* *Brimhana* qualities and *Niruha's* *Lekhana* qualities. Although it fulfills the function of *Shodhana*, does not result in *Vata* vitiation as was thought to occur in the case of *Niruha*. *Madhutailika Basti* is usually recommended for people who regularly take *Snigdha Dravya*, *Sukhi* and *Alpadoshayukta*. It is called as *Siddha Basti* since it is *Mridu Veerya*, used in *Paadheena* quantity. Honey is an emulsifying agent; it has particular therapeutic activity in addition to its role as an emulsifying agent. Ayurvedic authors have pointed out that while honey is beneficial when used alone, it implies that consuming honey in conjunction with other substances should be carefully considered [5-7].

The ingredients of this *Basti* may include *Erand Moola*, *Shatapushpa*, *Madanphal*, honey, sesame oil and rock salt, etc. The final preparation of *Basti* is in the form of an oil-in-water (o/w) emulsion. Honey is used among the different emulsifying agents because of its better stability, mixing ability, and certain therapeutic effects [5].

Yapana Basti

It is the medicated enema employed with additives such as milk and soup. It offers *Balya*, *Rasayana* and *Vata-Kapha Shamak* effects. In this therapy *Purva Karma* included administration of local massage with sesame oil followed by fomentation. *Pradhana Karma* should start after the patient voided natural urges. *Anuvasana Basti* administered through a disposable syringe and *Niruha Basti* using a plastic enema can. The patient should allow expelling *Basti* content whenever it is required. *Pashchat Karma* involved observation of any

unwanted effects; *Niruha Basti* must be evacuated within one *Muhurta* and *Anuvasana Basti* within three *Yamas* [7, 8].

Eranda Muladi Yapan Basti helps in controlling symptoms like *Kati Graha*, *Kati Shula*, *Sparsha Asahyata*, *Pada Harsha*, *Pada Gaurava*, *Mamsa Bala Kshaya* and *Gamane Kashtata*. This therapy imparts analgesic and anti-inflammatory action, nourish spinal elements and pacify irritated *Vata*. Medicines with *Ushna* and *Snigdha* properties help to correct vitiated *Vata dosha*. The drugs used in this *Basti* also improved the activity of *Vyana Vayu* thus improves symptoms of pain and inflammation [8].

Ardhamatrika Basti

Ardhamatrika Basti is a type of *Basti* that contain half the dose of maximum tolerable dose for *Niruha Basti*. It is used in *Vatarakta*, *Kshaya*, *Vishamajwara*, *Moothrakrichra*, *Gulma*, *Haleemaka* and *Pleeha*, etc. *Ardhamatrika Basti* is used in *Samsarga* and *Sannipataja Vyadhis*. It also enhances *Bala*, *Varna* and *Agni* thus considered the best *Basti* out of the *Niruha basti*. *Basti* with *Vatahara* and *Brihmana* action provides nutrition to *Dhatu* and alleviates pain and stiffness of *Janu* and assists in keeping joints in a stable state by preventing further degeneration [9, 10].

Preparation involves mixing of *Madhu* with *Saindhava Lavana* in *Kalwa*, further churned to create a homogenous mixture. To that homogenous mixture, *Murchita Tila Taila* is added gradually with stirring until a uniform consistency achieved. *Ardhamatrika Basti* is considered very effective in lowering *Janu Sandhigatavata's Lakshanas*. Being *Brihmana* and *Rasayana*, *Ardhamatrika Basti* improves quality of life by easing symptoms and preventing future joint deterioration [10].

Table 1, depicted comparison of *Madhutamalik*, *Eramdmuladi*, *Yapan* & *Ardhamatrika Basti* with respect to their types, compositions, indications and properties [5, 8, 10]. While **table 2** depicted *Yogya*, *Sneha*, *Kalka*, *Kvatha* and *Guna-Dharma* of the classical *Bastis* [11-14].

Table 1: Comparison of *Madhutamalik*, *Eramdmuladi*, *Yapan* & *Ardhamatrika Basti*

Name of <i>Basti</i>	Type	Composition	Indications	Properties
<i>Madhutailika Basti</i>	Oil and Decoction	<i>Madhu</i> , <i>Saindhava</i> ,	<i>Vata</i> disorders, <i>Pakvashaya-stha</i>	Honey acts as <i>Yogavahi</i> , enhances

Name of <i>Basti</i>	Type	Composition	Indications	Properties
		<i>Taila, Kwatha and Kalka</i>	<i>Vata Vikara and Sandhigatavata</i>	drug penetration and balances <i>Doshas</i> .
<i>Erandamooladi Basti</i>	<i>Niruha Basti</i>	Decoction of <i>Erandamoola</i> with other <i>Vata-hara</i> herbs	<i>Vata</i> disorders with stiffness, pain, <i>Kati Vata</i> , <i>Gridhrasi</i> and <i>Amavata</i>	<i>Eranda</i> is <i>Ushna Virya</i> , <i>Vatahara</i> , with mild purgative action to clear obstruction
<i>Yapana Basti</i>	Combination of <i>Niruha</i> and <i>Anuvasana</i> for long-term use	<i>Ksheera, Mamsarasa, Ghrita</i> , honey, salt, herbal paste	Chronic <i>Vata</i> disorders, debility, infertility and geriatric care, etc.	Can be used daily for prolonged periods; provides nourishment and sustains vitality
<i>Ardha Matra Basti</i>	<i>Anuvasana</i> or <i>Niruha</i> , but half the quantity	Same as standard <i>Basti</i> , but reduced in dosage	For children, elderly, or debilitated patients	Used when full dose is contraindicated.

Basti Yantra

In ancient Ayurveda, *Basti Yantra* was a well-designed tool for the application of *Basti Karma*, with precise accounts depicted in classical texts such as the *Sushruta Samhita* and *Charaka Samhita*. The main parts involved the *Basti Putaka*, a bladder bag preferably made from the urinary bladders of animals like buffalo or goat, which acted as the reservoir for the enema fluid. It was attached to this the *Netra*, a nozzle or tube of metals such as gold, silver, or bronze, or else of specially treated bamboo. The length of the *Netra* depended on the form of *basti*; 12 *Angula* for *Niruha Basti*, 6 *Angula* for *Anuvasana Basti*. Other instruments that were used were the *Baddha Vasti*, which was a leather strap, and the *Anjali Patra*, a measuring vessel, employed in order to measure the exact amounts of *Basti dravya* [13, 14].

Table 2: *Yogya, Sneha, Kalka, Kvatha* and *Guna-Dharma* of the Classical *Bastis*

<i>Basti</i>	<i>Sneha</i>	<i>Kalka</i>	<i>Kvatha</i>	<i>Drava Matra</i>	<i>Guna Dharma</i>	<i>Yogya</i>
<i>Madhutailika Basti</i>	<i>Taila/ Ghrita</i>	<i>Saindhava, Madhu,</i>	<i>Dashamoola</i> decoction	Around 960 ml	<i>Lekhana, Deepana,</i>	<i>Vata</i> disorders with mild

Basti	Sneha	Kalka	Kvatha	Drava Matra	Guna Dharma	Yogya
	– 1 part (approx. 1 <i>Prastha</i>)	<i>Shatapushpa</i> , etc.	– 12 parts		<i>Shothahara</i>	<i>Kapha</i> , neurological issues, constipation
<i>Erandamuladi Basti</i>	<i>Eranda Taila</i> (Castor Oil) – 1 part	<i>Erandamoola</i> , <i>Saindhava</i> , etc.	<i>Erandamoola</i> + <i>Dashamoola</i> decoction – 12 parts	Approx. 960 ml	<i>Shoolaghna</i> , <i>Bhedana</i> , <i>Shothahara</i>	<i>Pakshaghat</i> , <i>Gridhrasi</i> , <i>Katigraha</i> , <i>Sandhivata</i> , chronic constipation
<i>Yapana Basti</i>	<i>Ghrita</i> / <i>Taila</i> – 1 part	<i>Yashtimadh</i> , <i>Madhu</i> , <i>Saindhava</i> , etc.	<i>Shatavari</i> , <i>Vidari</i> decoction with <i>Ksheera</i> / <i>Mamsarasa</i> – 12 parts	Around 960 ml	<i>Balya</i> , <i>Rasayana</i> , <i>Brimhana</i>	Emaciation, infertility, chronic <i>Vata-Pitta</i> conditions, old age, debilitated patients
<i>Ardhamatrika Basti</i>	<i>Taila</i> or <i>Ghrita</i> – ½ of standard	—	—	48–96 ml	<i>Mridu</i> , <i>Laghu</i> , easier to tolerate, suitable for daily use	Daily use in <i>Vata prakopa</i> , weak patients, elderly care

Conclusion

Madhutailika Basti is oil and decoction-based *Basti* made from *Madhu*, *Saindhava*, *Taila* and *Kvatha*. It is used in *Vata* disorders, particularly those situated in the *Pakvashaya* like *Sandhigatavata*. *Erandamooladi Basti* is a *Niruha Basti* made from a decoction of *Erandamoola* and other *Vatahara* drugs. It is administered in stiffness and pain conditions, such as *Kati Vata*, *Gridhrasi* and *Amavata*. *Yapana Basti* is a nutritious form of *Basti* which has characteristics of *Niruha* and *Anuvasana Basti*, can be used for prolonged periods. Its ingredients are *Ksheera*, *Mamsarasa*, *Ghrita*, honey, salt and herbal paste, etc. *Yapana Basti* helps in chronic *Vata* disorders, infertility and debility, etc. It can be given daily and offers

deep nourishment, maintaining strength and energy. *Ardha Matra Basti* is either *Anuvasana* or *Niruha Basti* administered in half the usual quantity. It contains the same drugs as the normal *Basti* but in decreased dosage, hence indicated in children, old, or weak patients when full-dose *Basti* is contraindicated.

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