



A CRITICAL REVIEW ON MODE OF ACTION OF UTKLESHANA, DOSHAHARA & SAMSHAMANA BASTI

Dr. Shyam B.¹, Dr. Varsha Kulkarni.² Dr. Vijayamahantesh Hugar³.
Dr. Shilpa M Sutagatti⁴

¹PG scholar, Department of PG Studies in Panchakarma.

²Professor & HOD, Department of PG Studies in Panchakarma.

³Associate Professor, Department of Panchakarma.

⁴Assistant Professor, Department of Panchakarma.

Govt. Ayurveda Medical College, Mysore, Karnataka, India.

ABSTRACT

Chikitsa is of two types, shodana (bio purification) and shamana Chikitsa (palliative Treatment). As Shodana is a unique therapy enjoys the superiority over all the mode of treatment. Among the Shodhana, Basti itself has super most protagonists in Panchakarma, as it considered as Chikitsardham among all therapeutic measures, because Basti has a wide field of action as it is bahu iti kartavyata. Basti is useful in various disorders by combination of different types of Basti Dravya, due to Dosha Sansarga and Sannipata, Kaphaja and Pittja disorder, Shakhasrita, Kosthashrita & madhyama roga margaja vyadhis. Basically, most of the Acharyas explained different varieties of Basti in different frames like Yavana Vasti, Siddha Vasti, Bruhmana Vasti Yukta Ratha Vasti etc. Hence Basti Chikitsa is the prime treatment modality which does Utkleshana, Shodhana, Shamana, Bhrumhana, lekhana actions. According to sushruta the concept of Utkleshana basti, Doshahara basti and Samshamana basti has explained under the heading of Niruha karma chikitsa adhyaya, Based on Kaala vishesha, Trividha basti is one of special contribution by Acarya sushruta. Utkleshana is mainly by snehana and swedana but acharya Sushruta opines – utkleshana of dosha's via Basti chikitsa also i.e. Utkleshana Basti along with sequence of Doshahara and Samshamana Basti for Utklishta Dosha harana and shesha dosha shamana respectively.

KEY WORDS: Basti, Utkleshana basti, Doshahara basti, Samshamana basti.

INTRODUCTION

According to acharya sushruta the concept of Utkleshana basti, Doshahara basti and Samshamana basti has explained under the heading of Niruha karma chikitsa adhyaya¹, based on Kaala vishesha. In General, doshas are brought from shaka to koshta for doshanirharatha² [through snehana & swedanadi karma], followed by shodhana [Vamana & Virecana karma] i.e. elimination of doshas from koshta & finally samsarjana karma has to be followed. For the same purpose as a substitute one can infer following basti's, in terms of basti cikitsa i.e., for the purpose of dosha utkleshana [to bring doshas from shaka to kosta], **Utkleshana Basti** followed by **Doshahara basti**, for dosha nirharanartha and finally for the purpose of Pacification of leena dosha **shamana basti** can be thought of. According to Acharya Sushruta, the scientific application of Utkleshana, Doshahara and Samshamana Basti has an approach towards the **Dhatugata Doshaharana**³ especially Gambhira dhatugata avasta in all aspects of disease. In the Shodhana therapy the Doshas which are situated at Dhatugata level and are in Anutklishta avastha, are more difficult to expel out. In this condition one needs the kind of Basti which works on the Anutklishta Dosha, bring them in Kosta and expel out. Acharya Sushruta has made a set of special type of **trividha Basti** known as **Utkleshana, Doshahara and Samshamana** in sequential manner feels appropriate in these condition.



MATERIALS & METHODS

The following are the drugs mentioned as kalka & kashaya dravyas under the name of Utkleshana Basti, Doshahara Basti and Samshamana Basti.

Table 1: Showing the Dravyas for kalka & kashaya dravyas of Utkleshana, Doshahara and Samshamana Basti

Sl No	Utkleshana Basti dravya ⁴	Doshahara Basti dravya ⁵	Samshamana Basti dravya ⁶
1)	Eranda beeja	Shatahwa	Priyangu
2)	Madhuka	Madhuka	Madhuka
3)	Pippali	Kutaja Beeja	Musta
4)	Saindhava Lavana	Madanaphala	Rasanjana
5)	Vacha	Kanjika	Go Ksheera
6)	Haphusha Phala	Gomootra	-----

Properties of the drugs mentioned in utkleshana basti:

Table 2: Showing Rasapanchaka of utkleshana basti dravya

No	Dravya	Rasa	Guna	Virya	Vipaka	Doshagnatha
1.	Eranda beeja ⁷	Katu	Guru Snigdha, Sookshma, Tikshana Picchila,	Ushna	Madhura	Vata shleshmahara
2.	Madhuka ⁸	Madhura	Guru, Snigdha	Sheeta	Madhura	VataPitta Shamaka
3.	Pippali ⁹	Katu	Laghu, Snigdha & Tikshana	Anushna Sheetata	Madhura	Ardhav Pippali V-K Vardhaka, Shuska pippali hasV-K hara
4.	Saindhava lavana	Lavana Madhura	Laghu, Snigdha, Sookshma, Tikshana	Ushna	Madhura	Vatakaphahara
5.	Vacha ¹⁰	Katu, Tikta	Laghu, Tikshana	Ushna	Katu	Vatakaphahar
6.	Hapusha phala ¹¹	Katu, Tikta	Laghu, rooksha & Tikshana	Ushana	Katu	Kaphavata Shamaka,

Table 3: Showing Rasapanchaka of the dravyas used in Doshahara Basti

No	Dravya	Rasa	Guna	Virya	Vipaka	Doshagnatha
1.	Shatahwa ¹²	Katu, Tikta	Laghu, rooksha & Tikshana	Ushna	Katu	Kaphavata Shamaka
2.	Madhuka	Madhura	Guru, Snigdha	Sheeta	Madhura	VataPitta Shamaka & Vata Kapha vardhaka.
3.	Kutaja Beeja ¹³	Tikta	Laghu, Rooksha	Ushna	Katu	Thridoshahara,
4.	MadanaPhala ¹⁴	Kashaya, Madhura, Tikta	Laghu, Ruksha	Ushna	Katu	Kaphavata Shamaka & Kapha Pitta Samshodhana,
5.	Kanjika ¹⁵	Amla	Laghu, Tikshana & Ushna	Ushna	Amla	Vatakaphahara,
6.	Gomutra ¹⁶	Katu, Tikta, Kashaya	Tikshana, Ushna, Kshara Laghu,	Ushna	Katu	Kaphaghna, Vataghna

**Table 4: Showing Rasapanchaka of the dravyas used in Samshamana Basti**

No	Dravya	Rasa	Guna	Virya	Vipaka	Doshagnatha
1.	Priyangu ¹⁷	Tikta, Kashya & Madhura	Guru, rooksha	Sheeta	Katu	Thridoshahara Mainly Vatapitta shamaka, Daaha & Jwarahara
2.	Madhuka	Madhura	Guru, Snigdha	Sheeta	Madhura	VataPitta Shamaka
3.	Musta ¹⁸	Tikta, Katu & kashaya	Laghu, rooksha	Shheeta	Katu6	Kapha Pitta shamaka
4.	Rasanjana ¹⁹	Katu, Tikta	Laghu, Rooksha Ushna	Ushna	Katu	Kaphahara,
5.	Go Ksheera ²⁰	Madhura	Guru, Snigdha, sheeta,	Sheeta	Madhura	Vatapittahar

DISCUSSION

DISCUSSION ON UTKLESHANA BASTI

- According to Acharya vagbhata, Utkleshana is a condition which causes the excitation of the Dosha's in their own sites, i.e. 'Utkleshanam Utklesho Doshanam ucchanavasthaiva'²¹.
- Acharya Chakrapani, said that for any type of shodhana, the Utklesha bhava is compulsory²². So Utkleshana property in the body can be achieved by:
 - Ati Madhura, Picchila, Guru, Snigdha bahulya & Kaphavardhaka dravyas.
 - Shodhanartha abhyantara Snehapana.
 - Snehabasti with maximum quantity given continuously for longer period.
- In the context of Kriya kalpa, acharya Sushruta told that if hina pramana of aushadha are used in Akshi tarpana & putapaka, which are having properties of Ushna, tikshna all leads to Utklesha of Dosha²³.
- In the context of Snehapayogika chikitsa, acharya Dalhana told that after 7 days of Snehapana in vata prakruthi person it becomes satmya but in vata-kapha prakruthi person it causes utkleshana²⁴.
- Administration of Utkleshana basti as mentioned by Acharya Sushruta causes utkleshana of doshas.

Discussion on karmukata of utkleshana basti dravya based on rasa panchaka & pharmacological action.

Table 5: showing karmukata of utkleshana basti based on Rasa panchaka & pharmacological action

Sl.No.	Dravya	Karma
1.	Eranda beeja	<ul style="list-style-type: none"> Guru, snigdha, picchila guna, madhura vipaka acts as dosha utkleshakara bhava. Tikshna, sookshma guna contribute for immediate utkleshana karma & even at dhatu level. Seeds of Ricinus have chemical called ricin. Because of its nature it may causes mucosal irritation & causes secretions in intestine in turn utkleshana of doshas.
2.	Madhuka	<ul style="list-style-type: none"> Madhura rasa, guru snigdha guna, madhura vipaka contribute for dosha utkleshana.
3.	Pippali	<ul style="list-style-type: none"> snigdha guna, Madhura vipaka does Dosha utkleshana. ... गुरुप्रक्लेदित्वाच्छ्लेष्माणमुत्क्लेशयन्ति, औष्ण्यात् पित्तं, i.e because of Guru, prakledana guna- does utkleshana of Sleshma, because of ushna guna does pitta utkleshana. The fruits gave positive tests for the presence of volatile oil, the essential oil it has pieridine alkaloids. Because of its nature it may causes mucosal irritation & causes secretions in intestine in turn utkleshana of doshas- dravyataha & karmataha vrudhi.
4.	Saindhava lavana	<ul style="list-style-type: none"> Sookshma & tikshna guna of saindhava contribute for utkleshana immediately & even at dhatu level.



		<ul style="list-style-type: none"> ➤ lavana & madhura rasa, Madhura vipaka helps in Utkleshana of dosha. ➤ 'liquifacient' is a rendering for two meaning: 'utkledi' and 'visyandi'. The first term means, that (the substance) attracts and accepts moisture i.e irreversibly hygroscopic in turn increase dosha & does utkleshana.
5. 6.	Vacha & Hapusha	<ul style="list-style-type: none"> ➤ Because of Laghu ruksha guna, Vacha & Hapusha enters even to anu srotas & with the help of other dravyas does utkleshana karma immediately. ➤ Hapusha contains various chemical constituents like flavonoids, volatile oil & coumains. It has stimulant property, juniperus communis with methanol, ethanol, chloro-form extracts which may stimulate gut bacterial flora & increases bacterial activity thus causing utkleshana.

Among 6 dravyas, 4 dravyas are attributed with Deepana guna which helps to increase agni at the level of dhatu, does dhatugata ama pacana inturns does vilayana of dosha which leads to dravyataha-gunataha vrudhi & can be considered in terms of dosha utkleshana.

Characteristic features of Utkleshana Dravyas

In the context of Harita Varga, acharya Charaka mentioned characteristic features of utkleshaka dravya are having, **Anati katu, Swadista, Hrudhya, Ruchi vardhaka, Sughandhita** and also in the context of Rasa vimana adhyaya, excess use of Pippali causes the utkleshana of Dosha's and also mentioned that characteristic features of utkleshaka dravya are Guru guna and Prakledhana property for particularly doshotklesha.

All these properties are present in Eranda beeja, pippali, vacha, saidhavalavana & hapusha dravyas which causes dosha utklesha.

MODE OF ACTION OF UTKLESHANA BASTI

Utkleshana Basti is having Vyavayi (Diffusive) and Vikashi (Breaking Adhesions) properties, these are seen when drugs in basti, comes in contact with body constituents. These properties are responsible for rapid diffusion of drugs in the body. Thus, through the srotas they are entering in Rasa dhatu, rasa circulates them all over the body and at different level. Finally, the action of Utkleshana takes place in such a way that

- ▲ Dravataha vrudhi of doshas
- ▲ Gunataha vrudhi of doshas
- ▲ Karmataha vrudhi of doshas
- ▲ Stimulation of Vata or Activation of Vata for proper expulsion of Dosha's.
- ❖ The Utkleshana Basti dravyas are having the properties of Teekshna, Snigdha, Sukshma, Picchila and Guru guna which are similar properties of Kapha and Ama. By administration of Utkleshana basti, it spreads all over the body with the help of Apana, Samana and Vyanavayu. Basti dravya circulate through rasa and its srotas and reach the dushita sthana (kha vaigunya) & there the process of Utkleshana of specific dosha starts without hampering to the other physiological actions.
- ❖ By **samanya sidhantha** i.e sarvatha sarva bhavanam samanyam vrudhi Karanam, dravataha, gunataha & karmathaha vrudhi of doshas takes place & utklesta dosha lakshanas is achieved.
- ❖ The Utkleshana Basti dravyas on dushitha srotas causes Lekhana and Bhedhana of Dosha, they get separated from Srotas and dushitha Sthana's & moves along with Rasa dhatu all over the body & produces the dosha utkleshana laxhanas.
- ❖ Utklista dosha increase the signs and symptoms of pathology but not affecting the further stage of pathological process.
- ❖ Thus, the Utklista Dosha's with activated vata travels in Urdhwa, Adha or in Tiryak gati from Madhyama rogamarga, thereby increasing the quantity of dosha in terms of utkleshana, and bringing them to Kosta i.e. Pakwashaya for the purpose of elimination.
- ❖ Utkleshana of doshas in datugatha anutklista avastha can be achieved by combination of utkleshana basti dravyas, which has **multidimensional properties** in it & causes utkleshana.

DISCUSSION ON DOSHAHARA BASTI

The process in which dosha's are eliminated from body is called as Doshaharana or Dosha Shodhana. In this process, vitiated doshas in koshta gets eliminated from the body, once the doshas get expelled, then the equilibrium of Dosha, Dhatu and Mala is achieved and health is regained.

- Doshaharana basti is a process in which utklista doshas which were brought to koshta by Uthkleshana basti are eliminated from the body with the help of a special Basti preparation is known as Doshaharana basti.
- All basti's does not act as Shodhana or Dosha haratwa property. Some of them act as Bruhmana, shaman, lekshana etc. depending upon quality and characteristic properties present in basti dravya. So acharya Sushruta has said Basti chikitsa in a schedule form to eliminate utklistha vaikruta dosha's completely from its route by means Doshahara Basti.



Discussion On Karmukata Of Doshahara Basti Dravya Based On Pradhana Rasa

Table 6: showing karmukta of Doshahara basti based on Pradhana Rasa

Sl.No.	Rasa	Karma
1.	Katu rasa (Shatahwa & goomutra)	<ul style="list-style-type: none"> ➤ Deepana, pachana, lekhana, kledha-medha-vasa-majja-lasika-puya-swedha-mootra-purisha-pitta-shleshma upashoshana ➤ rochana, alasya prashamana, shodhana, kapha prashamana
2.	Tikta rasa (shatahwa, madhana, kutaja & goo mutra)	<ul style="list-style-type: none"> ➤ mamsa vilikati, marghan vivrunothi, sputikaroti indriyani, shleshmanam shamayathi ➤ chedhano, rochano, deepana, shodhanam
3.	Kashaya rasa (Madhana phala)	<ul style="list-style-type: none"> ➤ shleshma, raktapitta prashamana ➤ shodhano, lekhana, shoshana, kledha upashoshana
4.	Amla rasa (kanji)	<ul style="list-style-type: none"> ➤ vatanulomayathi ➤ pachano, deepana, pavana nigrahanoo, anulomanam
5.	Madhura (madhuka&madhana)	<ul style="list-style-type: none"> ➤ Marutagnam

- तत्र, मधुराम्ललवणा वातघ्नाः, मधुरतिक्तकषायाः पित्तघ्नाः, कटुतिक्तकषायाः श्लेष्मघ्नाः
By combination of rasas Madhur-aamla-lavana, madhura-tikta-kashaya, & katu-tikta-kashaya does vatagna, pittagna & shleshmagna karma respectively

Discussion on Guṇas of Doshahara Basti Dravyas

Table 7: showing karmukta of Doshahara basti on guna

S N	GUNAS	DRAVYAS
1	Laghu, ruksha	Shatahwa, kutaja, madhanaphala
2	Laghu, teekshana, ushna	Kanji, goomutra, shatahwa
3	Guru, snigdha	Madhuka
4	Kshara	Goomutra

- ▲ Laghu & Ruksha Guṇas are predominantly seen in Doshahara basti followed by laghu- teekshna -ushna guna & guru - snigdha guṇa.
- ▲ Laghu & Rooksha Guṇa is beneficial in removing the kapha (In terms of Ama), which is the reason for Srotorodha. Whereas, Guru & snigdha guṇa is beneficial in alleviating aggravated Vata doṣa, both vatahara & kaphahara action is achieved.
- ▲ With predominance of these opposite guṇas one can predict **Guna prabhava** & the action of Dravyas are more towards maintaining normalcy.

Discussion On Virya & Vipaka Of Doshahara Basti Dravyas

- Shatahwa, madhana, kutaja, kanj&goomutra are having ushna virya & madhuka is having sheeta virya.
- Dravyas with Uṣṇa Virya helps in pacifying Vata-Kapha dosha & does shodhana.
- In case of vipaka dravyas (shatahwa, kutaja, madhana & goomutra) having katu vipaka, kanji with amla & madhuka with madhura vipakas.
- katu vipaka dravyas acts as kapha shamaka, does ama pachana, acts as deepaka, pachaka, & anulomaka action. amla & madhura vipaka dravyas acts as vata shamaka.
- This specific distribution of Virya & Vipaka among doshahara basti dravyas signifies the action of Dravyas are more towards dosha nirharana & shodhana karma, which acts mainly due to **Dravya prabhava**.

Discussion On Doshagna Karma Of Doshahara Basti Dravyas

- As diversified doshaghna karmas are observed among doshahara basti dravyas, i.e., kapha-vata shamaka, Kapha-Pittahara, vata-Pittahara & tridosha shamana, one can infer that doshahara basti dravyas are capable enough to do tridosha shamana with predominantly kapha-vata shamana properties.

Discussion on Chemical Properties & Their Pharmacological Effects Of Doshahara Basti Dravyas

- ▲ **Shatahwa** – It has carvone, vicenin which are having Anti-oxident, anti-inflammatory properties, quercetin and isoharmentin, which have antioxidant activity and could counteract with free radicals & inturn affects the disease pathology. Because of anti-

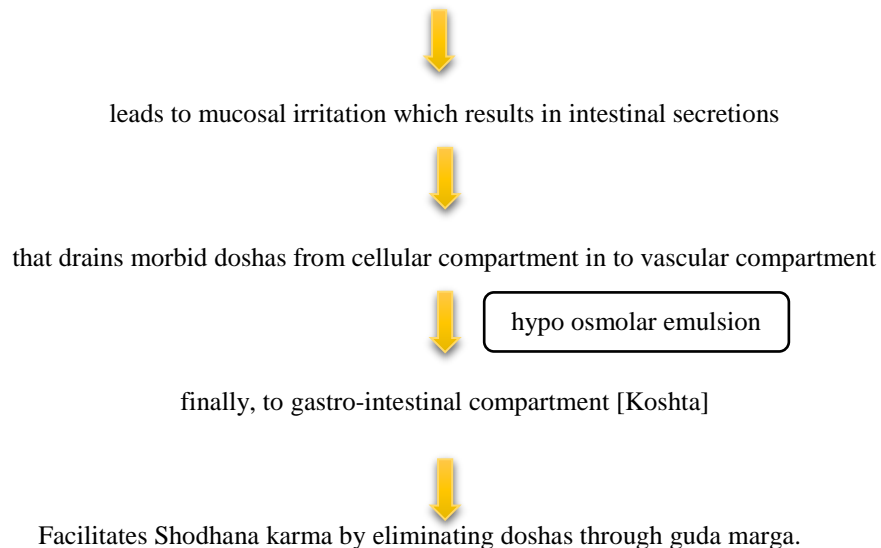


inflammatory property it reduces the sandhi shotha laxanas of amavata. Seed extracts of *A. graveolens* L. have significant mucosal protective, and anti-ulcer activities against HCl- and ethanol-induced stomach lesions.

- ▲ **kutaja beeja** – It has Conimine, kurchiphylic which are having Antifungal, anti-inflammatory, anti-pyretic properties. By anti-fungal properties it may acts on gut flora & causes dosha harna from pakwashaya. because of anti-inflammatory property it reduces the sandhi shotha & anti-pyretic property it reduces jwaradi laxanas of amavata
- ▲ **Madhana phala** - It has Dumetorinin A, B, C, & D, randialic acid. Anti-viral, anti-fungal, anti- allergic, anti-inflammatory, analgesic properties.
- ▲ **Madhuka** - It has Glycyrrhine, licoagrone which are having anti-microbial, anti-viral, anti-inflammatory & anti allergic properties.
- ▲ Because of Anti-viral, anti-fungal, anti- allergic properties it may act as immuno protective & reduces the bacterial, viral & fungal infections & also it may increase positive gut microbial activity which is highly necessary for healthy status of individual.
- ▲ **Kanji**- It is rich in lactobacillus which has anti-oxidant & probiotic properties. Probiotics & microorganisms can help maintain favourable microbial profile in our body.
- ▲ **Goomutra**- It has anti-microbial, antifungal, antineoplastic, bioenhancer, immune-enhancer properties. In addition, by antioxidant property it can prevent the damage to DNA caused by the environmental stress.
- ▲ Doshahara basti drvyas have immuno modulatory action, & amavata is immuno compressed disease significant results were observed.
- ▲ By all these properties pathological process of amavta can be effectively reduced & helps in maintain normalcy in doshas & dhatu.

MODE OF ACTION OF DOSHAHARA BASTI

Doshahara / Shodhana Basti sets an inflammation in the large intestine



Doshaharabasti causes the elimination of Dhatugatadosha and Utklishtadosha from its root level by the virtue of its Ushna, Tikshna, Vyavayi, Vikasi and Strotogami gunas.

DISCUSSION ON SAMSHAMANA BASTI

Characteristic Features of Samshamana

- ▲ The Samshamana therapy having Akasha mahabhoota pradhanatha.
- ▲ The best rasa for Samshaman therapy is Kashaya rasa as told by chakrapaani.
- ▲ For Alpa doshayukta vyadhi's, alpagni and Alpa Bala Persons, the Samshamana therapy is a first choice.
- ▲ The Samshana therapy is having the property of Laghu, rooksha, ushna, teekshna, khara, sookshma, Sara, vishada and kathina.

Rationality of samshamana basti after doshahara basti

In Amadoshaja vyadhi's, after samshodhana karma, two aspects are to be taken care



- ▲ To get digestion of leena doshas in srotas.
- ▲ To prevent further formation of ama.

In both the above conditions maintenance of Agni is the key factor.

Generally, after shodhana karma, for the purpose of leena dosha or shesha dosha shamanartha different measures are carried out. for example: administering the medicines in different forms of shamana therapies such as samsarjana karma or shamana nasya or dhoomapana or shamana basti.

Similarly, after doshahara/shodhana type of basti, for the purpose of leena dosha or shesha dosha shamanartha, samshamana type of basti is adopted.

Discussion On Karmukata of Samshamana Basti Dravya Based on Pradhana Rasa

Sl.No.	Rasa	Karma
1.	Madhura rasa (priyangu, madhuka, gooksheera)	➤ Pitta-vishama marutagnam, balya-prinana-jeevana-santarpanam-ayushyam, shad indriya manasa prasadanam. ➤ shonitha prasadhana, dahaprashamana,
2.	Tikta rasa (priyangu, musta, rasanjana)	➤ deepana, pachana, arochakaghna, mamsa sthirikarana, ➤ roochana,
3.	Kashaya rasa (priyangu, Musta)	➤ samshamanam, shleshma, raktapitta prashamana , sandhanakara, roopana ➤ shoshana, kledhaupashoshana
4.	katu rasa (rasanjana, Musta)	➤ Agnim deepayati, shleshmam shamayati. ➤ pachana, roochana, kapha prashamana

Among basti dravyas, madhura rasa dravyas which does dosha shamana karma, & rasayana karma, by tikta & katu rasa dravya which is deepaka-pachaka properties can prevents further formation of ama. kashya rasa dravya mainly does samshamana of all prakupita doshas specially does shleshma-raktapitta prashamana & finally helps in achiving samshamana action of basti.

Discussion On Guṇas Of Samshamana Basti Dravyas

S N	GUNAS	DRAVYAS
1	Guru, snigdha	Madhuka, gooksheera,
2	Laghu, ruksha	Musta, rasanjana(ushna)
3	Guru, snigdha, sheeta	Madhuka
4	Guru ruksha	Priyangu

- ▲ In samshamana basti dravyas having both guru-snigdha guna & laghu-rooksha guna
- ▲ Laghu & Rooksha Guṇa does kapha shamaka. Whereas, Guru & snigdha guṇa is beneficial in alleviating prakupita Vata doṣa, both vatashamana & kaphashamana action is achieved.
- ▲ Because of laghu rooksha guna action can be seen even at dhatugata leena dosha avastha & anu srotas.

Discussion On Virya & Vipaka Of Samshamana Basti Dravyas

- Among samshamana basti dravyas priyangu, madhuka. musta, gooksheera have sheeta virya & rasanjana having ushna veerya properties.
- Dravyas with sheeta Virya does prakupita dosha shamana effectively.
- Among samshamana basti dravyas priyangu, musta, rasanjana have katu vipaka & madhuka, gooksheera have madhura vipaka.
- katu vipaka dravyas acts as kapha shamaka whereas Madhura vipaka does vata-pitta shamaka & prevents further vata prakopha which occurred by doshahara basti.

Discussion On Doshagna Karma Of Samshamana Basti Dravyas

- As diversified doshaghna karmas are observed among samshamana basti dravyas, i.e., vata-pitta shamaka, Kapha-Pittahara & tridosha shamana, one can infer that samshamana basti dravyas are capable enough to do tridosha shamaka with predominantly pitta-vata shamaka properties.



Discussion On Chemical Properties & Their Pharmacological Effects Of Samshamana Basti Dravyas

- ▲ **Priyangu**-It has Macrophylla ethanolic & aqueous extract which have antibacterial activity, & calliterpenone acts has anti-inflammatory & analgesic. By this sandhi shoth & shula hara action can be seen.
- ▲ **Musta** - It has Carrageenan which does Anti-microbial, anti-inflammatory, antiarthritic activity, by these sandhi shotha, shula & other amavtha laxanas can be reduced so the anti-arthritis action is seen.
- ▲ **Dharuharidra**- It has Berberine which does Anti-inflammatory, analgesic activity, by this it reduces the sandhi shotha & shula in amavata does vyadhi shamana.

MODE OF ACTION OF SAMSHAMANA BASTI

- When Shamana Basti is administered dravyas reach Pakwashaya, Sroni, and Adhonabhi, due to its Laghu and Snigdha guna's spreads all over the body by vyana vata, reaches the dushitha sthana and its srotas, causes shamana of leena dosha's which are adhered to the Srotas, with the help its sheeta virya.
- The virya of basti activates the jataragni in ama pakwashaya, inturn does dhatvagni vrudhi. This Dhatwgni digests the ahara and seperates the sara & kitta bhaga as well as regulates the absorption and the elimination process and prevents further formation of ama.
- Because of continuous administration of niruha basti & because of lagu-ruksha & ushna teeksha guna, ushna veerya & katu vipaka properties of dravyas in doshahara basti one can infer vataprakopa & pitta prakopha after shodhana karma.
- As samshamana basti dravyas are enriched with madhura vipaka & sheeta veerya, through which it does vata shamana through madhura vipaka & pitta shaman through sheeta virya.

Probable Modern Hypothesis on mode of Action of Samshamana Basti

Shamana basti dravyas enters pakwashaya



Absorption of drugs from gut occurs by passive diffusion.



Drugs which are lipid soluble(snehayukta) are transferred by passive diffusion.



Passive diffusion is a movement of ions and other atomic or molecular substances across cell membrane without need of energy input (veerya of basti dravya enters in to shareera)



basti dravya absorbed in gut by passive diffusion (veerya of basti dravya gets absorbed)



Samshamana effect of basti dravya can be seen

CONCLUSION

Trividha basti is one of special contribution by Acarya sushruta. The scientific application of this i.e., Utkleshana, Doshahara and Samshamana Basti can be understood with following points:

- ▲ In case of Gambhira dhatugata roga due to contra-Indications of shodhananga Snehapana & Vamana-Virecanadi karma.
- ▲ Gambhira dhatugata roga where shodhana is needed.
- ▲ Subjects with Avara bala, Avara satva & irresptive of ages, one can have thought of basti.
- ▲ Subjects not willing for Vamana-Virecanadi shodanadi karma.



In these above said conditions, where shodhana is highly needed one can adopt Utkleshana, Doshahara and Samshamana Basti in sequence as it removes Gambhira dhatustita dosha. Various clinical & scientific researchers are to be conducted for validation of Utkleshana, doshahara, samshamana basti in different disease conditions.

REFERENCES

1. Acharya J T, editor, *Nibandhasangraha Commentary of Sri Gayyadas acharya on Sushruta Samhita Chikitsasthana, chapter 38, verse 92-93. Varanasi: Chaukhamba Sanskrit Sansthan, 2015.*
2. Acharya Yadavaji thrikamji: *Charaka samhita Sutra stana 28th chap with chakrapanidatta commentary edited by acharya yadavaji trikamji choukamba orientalia, Varanasi reprint on 2009.*
3. Acharya J T, editor, 2019, *Nibandhasangraha Commentary of Sri Gayyadas acharya on Sushruta Samhita Chikitsasthana, chapter 38, verse 92-93. Varanasi: Chaukhamba Sanskrit Sansthan, 2015.*
4. Acharya priyavath Sharma, *sushruta Chikitsa sthana, dalhana nibhanda samghraha, 38th chapter sloka no 93, 2012 choukamba orientalia, Varanasi. 9th edition, printed on 2007.*
5. Acharya priyavath Sharma, *sushruta Chikitsa sthana, dalhana nibhanda samghraha, 38th chapter sloka no 94, 2012 choukamba orientalia, Varanasi. 9th edition, printed on 2007.*
6. Acharya priyavath Sharma, *sushruta Chikitsa sthana, dalhana nibhanda samghraha, 38th chapter sloka no 95, 2012 choukamba orientalia, Varanasi. 9th edition, printed on 2007.*
7. Acharya P.V Sharma: *Dravya guna vignana, Volume 2 choukamba orientalia, Varanasi, reprint on 2005, drug no 21page no 58.*
8. Acharya P.V Sharma: *Dravya guna vignana, Volume 2 choukamba orientalia, Varanasi, reprint on 2005, drug no 370page no 813.*
9. Acharya P.V Sharma: *Dravya guna vignana, Volume 2 choukamba orientalia, Varanasi, reprint on 2005, drug no 110page no 175.*
10. Acharya P.V Sharma: *Dravya guna vignana, Volume 2 choukamba orientalia, Varanasi, reprint on 2005, drug no 09 page no 28.*
11. Acharya P.V Sharma: *Dravya guna vignana, Volume 2 choukamba orientalia, Varanasi, reprint on 2005, drug no 275 page no 644.*
12. Acharya P.V Sharma: *Dravya guna vignana, Volume 2 choukamba orientalia, Varanasi, reprint on 2005, drug no 165 page no 403.*
13. Acharya P.V Sharma: *Dravya guna vignana, Volume 2 choukamba orientalia, Varanasi, reprint on 2005, drug no 370 page no 813.*
14. Acharya P.V Sharma: *Dravya guna vignana, Volume 2 choukamba orientalia, Varanasi, reprint on 2005, drug no 190 page no 463.*
15. Acharya Yadavaji thrikamji: *Charaka samhita Vimana stana 8th chap with chakrapanidatta commentary edited by acharya yadavaji trikamji reprint on 2009 choukamba orientalia, Varanasi. Ed 2009, sloka no 143, 285p.*
16. *Patent report of Cow's urine; Pharmaceutical composition containing cow urine distillate and an antibiotic, CSIR, New Delhi.*
17. Acharya P.V Sharma: *Dravya guna vignana, Volume 2 choukamba orientalia, Varanasi, reprint on 2005, drug no 370 page no 813.*
18. Acharya P.V Sharma: *Dravya guna vignana, Volume 2 choukamba orientalia, Varanasi, reprint on 2005, drug no 222, page no 539.*
19. Acharya Yadavaji thrikamji: *Charaka samhita Sootra stana 27th chap with chakrapanidatta commentary edited by acharya yadavaji trikamji reprint on 2009 choukamba orientalia, Varanasi. Ed 2009, sloka no 217, 165pp*
20. Acharya Yadavaji thrikamji: *Charaka samhita Sootra stana 13th chap with chakrapanidatta commentary edited by acharya yadavaji trikamji reprint on 2009 choukamba orientalia, Varanasi. Ed 2009, sloka no 10, 81 – 82.*
21. Pt. Hari sadashiva Shatry, *Astangha hrudaya - arunadatta Sarvanghsundara commentary, ayurveda rasayana of Hemadri commentary, Chikitsa sthana 6th chapter, Verse 1, Choukamba orientalia; Varanasi: Edition – 2007.*
22. Acharya Yadavaji thrikamji, Prof R.H Singh, *Charaka Samhita chakrapanidatta commentary, Sootra stana 13th chap, Verse 61, Choukamba orientalia; Varanasi: Edition – 2012.*
23. Vd Yadavaji thrikamji, Acharya P.V Sharma, *Sushruta Samhita dalhana nibhanda samghraha commentary, Uttara Tantra, 18th chapter verse 40, Choukamba orientalia; Varanasi: 9th Edition – 2007.*
24. Vd Yadavaji thrikamji, Acharya P.V Sharma, *Sushruta Samhita dalhana nibhanda samghraha Commentary, Chikitsa sthana, 31st chapter, Verse 36 Choukamba orientalia; Varanasi: 9th Edition – 2007.*