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Clinical Co-relationship between Ayoga of Niruha Basti (Lekhana Basti) and Hypertension – A Single Case Study

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ABSTRACT

Panchakarma comprises of five *Karmas* that include *Vamana*, *Virechana*, *Basti*, *Nasya* and *Raktamokshana*. *Basti* is described as complete therapy because it has vast field of therapeutic action. Acharya Charak has mentioned the *Samyak yoga*, *Ayoga* and *Atiyoga* of *Panchkarma* in *Siddhi Sthana*. An old lady aged 48 years was treated for *Sthaulya* (obesity) by *Lekhana Basti*. During the third, fourth and fifth *Lekhana Basti* the patient suffered from abdominal pain, headache, pain and burning sensation in anal region and abdomen with difficulty in passing flatus. These symptoms are given in *Niruha Basti Ayoga Janit Vyapada* by Acharya Charak. One important observation which was noticed in this study was that her blood pressure was increased while she was suffering from these symptoms, but when the patient was treated with *Tikshana Niruha Basti* made from *Madanphal Kashaya* as part of management of *Ayoga* of *Niruha Basti*, the patient not only got relief in above symptoms but her blood pressure was also within the normal range. The management of the *Ayoga Vyapada* in the present case indicates that there seems to be a correlation between *Ayoga* of *Niruha Basti* and hypertension. *Shirashoola* which is a symptom of *Ayoga* of *Niruha basti* is also the cardinal symptom of Hypertension. A number of such case studies need to be observed to establish the relationship between the symptoms of *Ayoga Vyapada* of *Niruha Basti* and hypertension.

KEYWORDS

Lekhana Basti, *Ayoga* of *Basti*, *Hypertenstion*



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INTRODUCTION

Basti is considered as *Chikitasardha* by some Acharyas while some describes *Basti* as a complete therapy because it has vast field of therapeutic action¹. It is a general notion that enema is administrated with the purpose of evacuation of bowel but in Ayurveda, this procedure is prescribed as a rectal route of drug administration in various diseases. Depending upon the combination of the herbs used during *Basti*, it can produce *Shodhana*, *Shaman* or *Brimhana* effect in the body. *Shodhana Basti* is capable of expelling the morbid *Dosha* form of the body. *Lekhana Basti* is a type of *Shodhana Basti (NiruhaBasti)*². The word *Lekhana* refers to clearing of the excessive fat accumulated in the body. *Lekhana Basti* is capable of reducing fat by virtue of its *Lekhana* action. Acharya Charaka has mentioned the symptoms of *Ayoga* of *Niruha Basti* in *Siddhi Sthana* which are mentioned below

- ***Ruka shiro, hrida, guda, basti, linga*** (aches and pains like head ache, precordial discomfort, abdominal pain, hypo gastric pain, Anal pain and pain in penile organ)
- ***Shopha*** (Anasarca), ***Pratishyaya*** (Rhinitis), ***Vikaartika*** (Cruciating pain in the anal region), ***Hrillasa*** (Nausea), ***Vatasanga*** (Obstruction of the flatus),

Mutra Sanga (Retention of urine), ***Shwaskruchchhta*** (breathlessness)³.

- ***Nabhiruja, Bastiruja Evm Daha***(pain in burning sensation in umbilical region and hypo gastric region), ***Aruchi*** (Anorexia), ***Agnimardavta*** (decreased gastric secretion)⁴.

Hypertension is a hemodynamic disease, in which the pressure of the blood in the arteries becomes elevated beyond the normal limits. This pressure control system acts by two ways- 1) Rapidly acting nervous control for arterial pressure 2) Rapidly acting hormonal control for arterial pressure. Many Ayurveda experts considered hypertension as *Raktgata Vata, Dhamani Praticaya, Vyanavayuprakopa* etc. Basically in Ayurveda balance of three *Dosha (Vata, Pitta, Kapha), Mala* and *Mutra* are responsible for normal function of body. *Vata Dosha* is responsible for all types of circulation in body. There are five types of *Vata Dosha;Prana, Udana, Samana, Vyana, Apana*⁵. *Apana Vayu* is responsible for expulsion of urine, faeces, semen, menstrual blood, and foetus⁶. If it gets vitiated, *Mala* get held up in the body that causes vitiation of other *Vata*—which causes symptoms like headache, precordial discomfort etc.(as mention above)⁷.

CASE PRESENTATION

A 48 year old lady came in the O.P.D. of Govt. Akhanadanad Ayurveda hospital



with complains of pain in lumber region since last 12 months and weight gain since 6 months. She was advised X-ray-lumber region and Thyroid function test, fasting blood sugar. Her X-ray and blood reports were found normal. She was advised to reduce her weight. She was admitted in I.P.D. of Govt. Akhanadanad Ayurveda hospital for *Lekhana Basti* treatment. Her vital data was within normal limits. Her weight was 113 kg. Pulse: 89/ min, B.P. - 130/90 mm Hg. Height – 5’6” BMI- 40.9 kg/m² (obesity class 3).

TREATMENT PROTOCOL

Treatment Schedule

Table 1 *Basti* therapy

Sr.no	Therapy	Dose	Time	Duration
1.	<i>Lekhana Basti</i>	580	Once in a morning	15 days
2.	<i>Anuvasana Basti(Til Tila)</i>	100 ml	After meal	4 days

Note: One *Anuvasana Basti* was given after 3 consecutive administration of *Lekhana Basti*.

Table 2 Oral medicine

Sr. no.	Drug	Dose	Kala	Anupana	Duration	Reason for selection of drug
1.	<i>LaghuyograjGugglu</i> ⁸	2tab TDS	Before breakfast, lunch, dinner	Warm water	26 days	<i>Agni Dipana</i>
2.	<i>SinhnadaGugglu</i> ⁹	2tab TDS	Before breakfast, lunch, dinner	Warm water	26 days	<i>Tridosahar, Agni Dipana</i>

OBSERVATION

During the third day of *Basti*; patient suffered from abdominal pain, headache, pain and burning sensation in anal region and abdomen, difficulty to pass flatus. These symptoms are given in *Niruha Basti Ayoga Janit Vyapada* by Acharya Charak.

Acharya Sushrut has mentioned *Lekhana Basti* for *Sthaulya Chikitsa*. The patient was treated with *Lekhana Basti* for *Sthaulya*. One *Anuvasana Basti* was administered at first followed by 3 consecutive administration of *Lekhana Basti* sssand oral medicine (Table no.1 & 2).

Contents of *Lekhana Basti* are as follows.

Madhu- 120 ml, *Sanidhava*- 10 gm, *Sneha (TilTaila)*-80 ml, *Kalka(Triphala)*- 20 gm
Triphala kwath -200 ml, *Gomutra*- 160 ml,
Ushakadi Gana Prakshepa-15 gm
(*UshakadiGana*: *Tuttha, Kashisha, Shilajatu, Hingu, Yavkshar*)

Blood pressure shooted to 148/96 mmHg. Patients' blood pressure was observed before and after *Basti* treatment for another two days (fourth and fifth day of *Basti*). We noticed that patients' blood pressure was elevated after administration of *Basti*. The symptoms of *Niruha Basti Ayoga* were



observed and its management was done as per the line of treatment mentioned by Acharya Charak.

(Note: patient was treated symptomatically for two days)

MANAGEMENT OF AYOGA:

Patient was treated with *Tikshana Niruha* (Table 3) *Basti* as mentioned by Acharya Charak¹⁰.

Table 3 *Tikshana Niruha Basti*

Sr.no	Therapy	Dose	Time	Duration
1.	<i>TikshanaNiruhaBasti</i>	600 ml	Once in a morning	2 days

Patient got relief from all symptoms which she was suffering after administration of *Lekhana Basti*. We also observed patients'

The Contents of *Tikshana Niruha Basti* are as follows.

Madhu:120ml, *Sandhava*:10gm, *Sneha (Tiltaila)* : 100ml, *Kalka (Triphala Churna +ShatpushapaChurna)* 30gm, *Madanphal Kashaya*:150 ml, *Gomutra*: 200 ml

(Note: Above *Dravya* were available in hospital and hence were used for the preparation of *Tikshana Niruha Basti*).

blood pressure before and after administration of *Tikhana Niruha Basti* as following below (Table no.4).

Table 4 Blood pressure before and after administration of *TikshanaNiruhaBasti*

Day of the <i>Tikshana Niruha Basti</i>	Before administration of <i>Basti</i> .	After administration of <i>Basti</i> .
First	140/98 mmHg	130/96 mmHg
Second	130/ 90 mmHg	120/ 80 mmHg

Table 5 Results of treatment

Measurement	Before treatment	After treatment
Weight	113.4 kg	111.7 kg
A.C.	44 cm	39 cm
T.C.	61 cm	57 cm
Ab.C.	140 cm	115 cm

DISCUSSION

Contents of *Lekhana Basti* like *Triphala* has *Dipana* property¹¹.*Gomutra* has *Ushna*, *Tikshna*, *Dipana*, *Lekhana*, *Pachana*, *Anulomana*, *Malshodhak*, *Amapachana* properties¹².*UshakadiGana* has *Medvishoshana* (fat absorbance) property¹³.Hence *Lekhana Basti* was selected for treatment of obesity.

Blood pressure of patient was also elevated along with *Niruha Basti Ayoga* symptoms. These results due to improper evacuation of *Vata Dosha* which may lead to vitiation of other *Dosha* causing improper circulation of fluid in body¹⁴.

After assessment of these symptoms patient was treated according to *Niruha basti Ayoga Janit Vyapad Chikitsa* as mentioned



by Acharya Charak in *Siddhi Sthan*. *Swedana Chikitsa* and *Gomutra Yukta Tikshna Niruha Basti* were given. For *Tikshna Basti*, *Madanphal Kashay* was selected, which is *Ushna Virya* and possesses *Lekhana* and *Anahahara* (to cure flatuance) properties, which is able to cure the symptoms of *Niruha Basti Ayoga*¹⁵. *Til Tail* was selected as a *Sneha Dravya* as it has best *Vatahara* property as mentioned in Ayurveda texts. Patient's vital data were recorded after *Tikshna Niruha Basti* (Table-5). We observed symptoms of *Samyak Yoga* of *Basti* like proper evacuation of faeces, urine, *Agni Dipti* (*increased appetite*), light-ness in body¹⁶. More importantly high blood pressure of the patient also reduced and got relief in all symptoms of *Lekhana Basti Ayoga*.

CONCLUSION

In present study, it can be concluded that there may be a correlation between *Niruha Basti Ayoga* and hypertension and the management of *Niruha Basti Ayoga* as described by Acharya Charak not only helps to pacify the symptoms of this *Vyapada* but also helps in the reduction of elevated blood pressure found as a result of such *Vyapada*.



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