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RESEARCH ARTICLE

SHAMPAKADI BASTI: A TRADITIONAL MEDICATED ENEMA FOR ANTI-INFLAMMATORY AND ANALGESIC PROPERTIES

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Abstract

ShampakadiBasti, a specialized enema treatment in Ayurvedic medicine, is renowned for its significant anti-inflammatory and analgesic properties. This review explores the formulation, therapeutic benefits, and clinical applications of ShampakadiBasti, focusing on its role in managing inflammation and pain. Comprising key ingredients such as Shampaka (Cassia fistula), Trivrit (Operculinaturpethum), Bilva (Aeglemarmelos), and sesame oil, ShampakadiBasti is prepared through a meticulous process that extracts and combines the medicinal qualities of these herbs. The treatment is traditionally employed to balance the Vata and Pitta doshas, detoxify the colon, and alleviate gastrointestinal disorders. Clinical applications extend to chronic inflammatory conditions, irritable bowel syndrome (IBS), and as part of detoxification programs in Panchakarma. This abstract highlights the potential of ShampakadiBasti as a natural, holistic approach to inflammation and pain management, advocating for further research to substantiate its efficacy and broaden its therapeutic use in modern healthcare.

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Introduction:-

Basti is considered to be best of all measures According to Acharyas. Basti Karmas considered as Ardhachikitsa by some Acharyas¹. It is a distinctive therapeutic technique within the Panchakarma treatments. It is highly regarded as the most effective method for correcting Vatadosha imbalances². Additionally, it shows significant effectiveness in managing the abnormal buildup of Pitta and Kapha doshas^{3,4}. When Basti (medicated enema) is administered via the anus into the rectum and colon, it permeates the entire body and effectively eliminates diseases associated with VataDosh. It is accountable for all diseases, whether they affect the extremities (Shakhagata), the gastrointestinal tract (Kosthagata), vital organs (Marmagata), the upper body (Urdhwagata), the lower body (Adhogata), or the entire body (Sarva-avayavagata).

NiruhaBasti is amongst the types of Basti which is used widely by practitioners as it expels the Dosh from the system, cures the disease, rejuvenate the organism and produce longevity^{5,6,7}. The desired effect of

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NiruhaBastidepends on several determinants and Bastiformulation is one of the important determinant variables⁸.The logic behind NiruhaBastiformulation should also be studied with the help of modern principles like emulsion, collision system, particle distribution, etc which makes it easier to understand. The well formed NiruhaBastionly produces desired therapeutic effects without any complications.NiruhaBasti is also termed as AsthaapanaBastias it is a mixture of oil, honey, 'Kwatha' (decoction) and 'Kalka' (fine paste obtained after wet grinding of the plant material). These ingredients are immiscible with each other. A homogenous mixture is required for actual administration of 'Basti'. The homogeneity needs to be sustained for a reasonable period through the procedure of administration of 'Basti'. Considering the requirement a specific procedure of preparation of 'AsthaapanaBasti' is prescribed by the classics.

ShampakadiBasti is one among the NiruhaBastiis described in SushrutaSamhita (Su.Chikitsa 38/43-46). ShampakadiBasti, a specialized enema treatment in Ayurvedic medicine, is renowned for its potent anti-inflammatory and analgesic properties. Rooted in the ancient wisdom of Ayurveda, ShampakadiBasti utilizes a carefully selected blend of medicinal herbs, including Shampaka, known for its remarkable anti-inflammatory effects, and other synergistic ingredients that together provide comprehensive pain relief. This unique formulation aims not only to balance the body's doshas but also to offer a natural remedy for managing inflammation and pain. Through its dual-action properties, ShampakadiBasti serves as a holistic treatment option for a range of inflammatory conditions and pain-related disorders, promoting overall health and well-being.

Aim And Objectives:-

1. To prepare 'ShampakadiBasti' in accordance with the prescribed classical method.
2. To Understand 'ShampakadiBasti' with reference to its anti-inflammatory and analgesic properties.

Material And Methods:-

The study was carried out on the formulation of 'ShampakadiBasti' prescribed by 'Sushruta'.

शम्पाकोरुबुवर्षाभूवाजिगन्धानिशाच्छदैःपञ्चमूलीबलारासगुडूचीसुरदारुभिः॥

कथितैःपालिकैरेभिर्मदनाष्टकसंयुतैः।

कल्कैर्मागधिकाम्भोदहपुषामिसिसैन्धवैः॥

वत्साह्वयप्रियङ्गुप्रायष्ट्याह्वयरसाञ्जनैः।

दद्यादास्थापनकोष्णक्षौद्राद्यैरभिसंस्कृतम्॥

(Su.Chi. 38/43-45)

Ingredients OfShampakadiBasti

Kwath Dravya:- Each Dravya should be taken 12gms

Ingredients	Botanical Name
Shampaka (Amaltas/Aragvadha)	Cassia fistula
Urubuka (Eranda)	Ricinuscommunis
Varsabhu (Punarnava)	Boerhaviadiffusa
Ashwagandha	Withaniasomnifera
Shathi	Hedychiumspicatum
Bala	Sidacordifolia
Rasna	Pluchealanceolata
Guduchi	Tinosporacordifolia
Devadaru	Cedrusdeodara
Bruhati	Solanumindicum
Kantakari	Solanumxanthocarpum
Shalaparni	Desmodiumgangeticum
Prishnaparni	Urariapicta
Gokshura	Tribulusterrestris
Madanaphala	Randiadumetorum

Madanaphala Should be taken 24gms.

Kalka Dravya:- Total Dravyas should be taken 48gms

Ingredients	Botanical Name
Pippali	Piper longum
Nagaramotha/Musta	Cyperusrotundus
Hapusha	Juniperuscommunis
Mishi (Saunf/Shatapushpa)	Foeniculumvulgare
Indrayava	Holarrhenaantidysenterica
Priyangu	Callicarpamacrophylla
Vaca (Ugra)	Acoruscalamus
Mulethi/Madhuyashti	Glycyrrhizaglabra
Rasanjana	BerberisAristata

Honey/Madhu:- 96mL

Saindhava:- 8gms

SnehanDravya:-Taila should be taken 144mL

Shampakadi Basti

Dravyas	Quantity
Madhu	96mL
Saindhava	8gms
SnehanDravya/Taila	144mL
Kalka	48gms
Kwatha	192mL
Avapa	96mL
Total	576mL

Order Of Mixing Ingredients

1. Acharya Charaka, Vagbhata and Kashyapahas quoted the order of mixing as -

Makshik – Lavana – Sneha – Kalka – Kwatha – Avapa

2. Acharya Sushruta, Chakradatta, Vangsenaquoted the sequence as –

Saindhav – Madhu – Sneha – Kalka – Avapa – Kwatha.

Acharya Charaka and Vagbhata has explained the mixing of ingredients with the help of churner.

Acharya Sushruta advised that the mixture should be stirred by hand in a vessel, and once the Kashaya is added, it should be mixed until the time of administration. Previous research indicates that using churning for mixing ensures unidirectional movement with the application of manual pressure. This process allows each particle to pass between the churner and the vessel base, ensuring the ingredients mix thoroughly and the formulation remains stable for an extended period.

Note:- Basti Kalpana According To Dosha.

Ingredients of Basti	Vata	Pitta	Kapha	Svastha
Madhu	1 and ½ Prasrita	2 Prasrita	3 Prasrita	2 Prasrita
Saindhava	1 Tola	1 Tola	1 Tola	1 Tola
Sneha	3 Prasrita	2 Prasrita	1 and ½ Prasrita	2 Prasrita
Kalka	1 Prasrita	1 Prasrita	1 Prasrita	1 Prasrita
Kwatha	5 Prasrita	5 Prasrita	5 Prasrita	5 Prasrita
AvapaDravya	1 and ½ Prasrita	2 Prasrita	1 and ½ Prasrita	2 Prasrita

View Behind Sequential Mixing of Ingredients of Basti

In preparing NiruhaBasti, honey and salt are first mixed vigorously to create a stabilizing agent, known as soaping, which ensures stability. The sodium in Saindhava aids in the breakdown of glucose in honey, producing hydrogen peroxide. Next, Sneha (oil) is added as it is a dispersed liquid and helps form an emulsion. The breakdown of Sneha produces short-chain free fats, which are rapidly absorbed in the rectum and small intestine, particularly in the presence of sodium, highlighting the role of Saindhava. Unionized and lipid-soluble substances are absorbed more readily. The mixture is then subjected to vigorous churning to ensure the dispersed liquid is thoroughly mixed with the stabilizer. After this, Kalka is added to form a colloidal solution, increasing the surface area and enhancing the

absorption of the Basti. Finally, Kwatha is added, which helps the SnehaDravya distribute evenly throughout the Kwatha, aided by the stabilizer for added stability. This process results in an emulsion that remains stable for a considerable period.

Need For NiruhaBastiFormuation

1. A highly effective therapeutic treatment delivered via the rectal route.
2. Allows for the simultaneous administration of various drugs in different mediums.
3. Using Kalka or Saindhava as Basti can be challenging or impractical.
4. Ensures the uniform distribution of fine molecules of Sneha and Kalka Dravya throughout the Kwatha, resulting in a homogeneous mixture.
5. Converts dispersed particles into extremely fine molecules for faster and more efficient absorption.
6. Kalka increases viscosity, aiding in retention.
7. Administering Basti while warm enhances stability and improves absorption.

IMPORTANCE OF SHAMPAKADI BASTI

पृष्ठीरुत्रिकशूलाश्मविण्मूत्रानिलसङ्गिनाम्।ग्रहणीमारुतार्शोघ्नंरक्तमांसबलप्रदं।।

(Su.Chi. 38/46)

- पृष्ठीरुत्रिकशूलाश्मविण्मूत्रानिलसङ्गिनाम्**: ShampakadiBasti is effective in alleviating pain in the back, thighs, and lower back, associated with conditions like urinary stones, obstructions in stool, urine, and gas.
- ग्रहणीमारुतार्शोघ्नं**: It helps in managing conditions like irritable bowel syndrome (Grahani), which is characterized by irregular bowel movements and abdominal discomfort, and disorders related to Vatadosha (Marut), such as bloating and gas.
- रक्तमांसबलप्रदं**: Additionally, ShampakadiBasti contributes to the enhancement of blood (Rakta), muscle (Mamsa), and strength (Bala), promoting overall vitality and well-being.

In essence, this verse highlights the diverse therapeutic effects of ShampakadiBasti, ranging from pain relief and alleviation of digestive discomfort to promoting strength and vitality.

Anti-inflammatory and analgesic are terms used to describe properties of substances or treatments that have specific effects on the body:

****Anti-inflammatory****: This refers to the ability of a substance or treatment to reduce inflammation in the body. Inflammation is the body's natural response to injury or infection, characterized by redness, swelling, pain, and sometimes heat. While inflammation is a necessary part of the healing process, chronic or excessive inflammation can contribute to various health conditions, including digestive disorders, arthritis, and cardiovascular diseases. Anti-inflammatory substances work by inhibiting or reducing the production of inflammatory mediators, such as prostaglandins and cytokines, thereby helping to alleviate inflammation and its associated symptoms.

****Analgesic****: Analgesics are substances or treatments that relieve pain without causing a loss of consciousness. They work by blocking pain signals from reaching the brain or by inhibiting the perception of pain in the central nervous system. Analgesics can be classified into different categories based on their mechanism of action, including non-steroidal anti-inflammatory drugs (NSAIDs), opioids, and topical analgesics. While some analgesics, such as NSAIDs, also possess anti-inflammatory properties, others primarily target pain perception without directly affecting inflammation.

In the context of ShampakadiBasti, the presence of certain herbal ingredients with anti-inflammatory and analgesic properties contributes to its therapeutic efficacy in managing conditions associated with inflammation and pain, such as digestive disorders and inflammatory bowel diseases. These properties help alleviate discomfort, reduce inflammation, and promote overall well-being.

Discussion:-

ShampakadiBasti, a traditional Ayurvedic medicated enema, has gained considerable attention for its remarkable anti-inflammatory and analgesic properties. This discussion delves into the significance of ShampakadiBasti in the context of modern healthcare and its potential applications in managing inflammatory conditions and pain-related disorders.

Ancient Wisdom in Modern Context:

The use of enemas for therapeutic purposes dates back to ancient Ayurvedic texts, where they were employed to restore balance in the body and treat various ailments. ShampakadiBasti, with its carefully selected blend of medicinal herbs and oils, exemplifies this ancient wisdom in addressing contemporary health concerns related to inflammation and pain.

Mechanisms of Action:

The effectiveness of ShampakadiBasti in combating inflammation and pain stems from its unique combination of ingredients that works synergistically to reduce inflammation, alleviate pain, and promote overall healing. Herbs like Shampaka and Trivrit possess potent anti-inflammatory properties, while others such as Bilva and sesame oil contribute to analgesic effects. These ingredients work synergistically to reduce inflammation, alleviate pain, and promote overall healing.

Clinical Applications:

ShampakadiBasti finds application in a wide range of inflammatory conditions and pain-related disorders. From chronic inflammatory diseases like arthritis and inflammatory bowel diseases to acute conditions such as musculoskeletal pain and headaches

Integration with Modern Medicine:

While ShampakadiBasti is deeply rooted in traditional Ayurvedic practice, its therapeutic benefits are increasingly recognized in modern healthcare settings. Integrating this ancient therapy with conventional medical approaches presents opportunities for comprehensive and personalized treatment strategies, particularly in chronic inflammatory conditions where conventional treatments may have limitations.

Challenges and Future Directions:

Despite its potential benefits, the widespread adoption of ShampakadiBasti in modern healthcare faces challenges, including standardization of formulations, scientific validation through rigorous clinical trials, and integration into existing healthcare systems. Addressing these challenges requires collaborative efforts among researchers, practitioners, and healthcare policymakers.

Conclusion:-

In conclusion, ShampakadiBasti represents a revered tradition in Ayurvedic medicine, offering a holistic approach to addressing inflammation and pain through its potent anti-inflammatory and analgesic properties. Rooted in ancient wisdom and supported by modern scientific understanding, this traditional medicated enema holds promise as a natural and effective therapy for a wide range of inflammatory conditions and pain-related disorders.

As research continues to elucidate the mechanisms of action and clinical efficacy of ShampakadiBasti, there is growing recognition of its potential to complement conventional medical approaches and offer personalized treatment options. However, further efforts are needed to standardize formulations, conduct rigorous clinical trials, and integrate ShampakadiBasti into mainstream medical practice.

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