

DEVELOPING AND IMPLEMENTING BASTI (TRANS-RECTAL DRUG ADMINISTRATION) FITNESS FORM FOR BETTER TREATMENT

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Abstract:

Introduction: *Basti*, one of the *Panchakarma* therapies in *Ayurveda*, is a vital treatment for cleansing and balancing the body's *doshas*. It is particularly effective in treating *Vata*-related disorders but is also used to address a wide range of health conditions, from digestive issues to chronic illnesses. Practitioner's prime obligation is to consider the patient's fitness prior to any *Panchakarma* treatment. In classics clearly *Yogya* (Fit) and *Ayogya* (Unfit) criteria are mentioned for *basti*, which are assessed before planning *basti* treatment. The present data collected on *Basti* will clearly indicate the need for an approach to the patient using a *basti* fitness assessment form in clinical practice.

Objective: To develop the *Basti* fitness form for use in clinical settings with the intention of minimizing atypical issues and optimizing the intended outcome.

Materials and Methods: To create the fitness form, literature on *Basti* karma, guda śarīra with rectum anatomy, rectum examination, and other anatomical disorders were taken into consideration. This form was applied to 200 patients undergoing *basti* treatment at KAHER's Shri B.M.Kankanwadi Ayurveda Mahavidhyalaya. PG Studies and Research Center and over 50 patients at SBG Ayurveda College Belagavi, which helped for quick screening for commonly occurring Ano-rectal problems which hinder practice of *basti*, precautionary practices were followed to minimize the possible complications.

Results: Out of 250 patients screened for *basti* pre assessment fitness 213 (85.2%) patients were fit for *basti*, inculcating this pre assessment *basti* fitness practice engendered to receive *basti* treatment by 244 (97.6%) patients without any discomfort and complications.

Conclusion: The current fitness structure will assist in achieving the best possible outcomes and preventing atypical consequences in addition to assisting in the assessment of anal diseases, which pose challenges to drug delivery.

Key Words: *Panchakarma, Basti fitness, Basti fitness form.*

Introduction

According to *Ayurvedic* principles '*Basti*' plays a much more vital role in the disease management than conventional enema. Basti involves the administration of medicated substances, such as oils or decoctions, through the rectum, which are absorbed and then expelled, aiding in detoxification and healing. It acts as an anti-aging agent, good in every phase of life, a good tool to take out morbid materials, provider of joyful life, good digestive power, cognizance, and improves complexion⁶. A total of 36,782 number of basti were administered during 2019-2020 year then some complications were observed (Table-01). After extensive literary search, we found hundreds of research studies on different facets of *basti* but there is no endeavor made to ensure *basti* safety profile. This form serves as a comprehensive tool for assessing the patient's suitability for the therapy, identifying any contraindications, and documenting the patient's health status and the rationale for the chosen treatment approach. Despite the known benefits of such preparatory assessments, the formalization and standardization of this process across Ayurvedic practices remain inconsistent. Preoperative fitness assessment is a must to avoid complications in any non-surgical or surgical intervention in the same manner pre-fitness assessment for *basti* has to be considered. In this regard developed basti fitness form is applied to 300 subjects receiving basti at two Ayurveda Hospitals and validated.

Table no -01

| Complications Observed | Number |
|----------------------------------|--------|
| Pain after insertion of catheter | 23 |
| Bleeding per rectum | 10 |
| Difficulty in catheter insertion | 32 |
| Itching at anal region | 15 |
| Mucus discharge per rectum | 11 |

Materials And Methods:

Literary sources

- Ayurvedic classics: Includes literature of Basti karma, guda śarīra.
- Anatomy of anal canal, examination of anal canal and various anatomical pathologies.

Development of Form:

Panchakarma and shalya faculty of KAHER's Shri BMK Ayurveda Mahavidhyalaya PG Studies and Research Center, Belagum, the basti fitness form is framed to rule out any anal canal pathology like mass per rectum, bleeding/ discharge per rectum and also include the digital examination of anal canal, if necessary, proctoscopy examination (Figure-1). Patients posted for basti karma were referred to the shalya specialty OPD for the fitness assessment, basti was administered as per the consultant remarks and advised persuasions (Table n0 -02).

| Sl.no | Findings | Precautions/Advise |
|-------|----------------------------|--|
| 1 | Acute Fissure | Basti is contraindicated, Treat the fissure. |
| 2 | Chronic Fissure | Proper lubrication was done with shatadhuta ghrita and slowly administer catheter without hurting the fissure. |
| 3 | Fissure tag/Skin tag | Care was taken to avoid injury to tag. |
| 4 | Hemorrhoids | Hemorrhoids are treated. |
| 5 | External opening / fistula | Basti is contraindicated, Treat the fistula. |

Implementation and validation:

Developed Basti Fitness form was applied on 200 patients underwent basti karma at KAHER's Shri BMK Ayurveda Hospital Belgaum, Karnataka, India, and on 100 patients underwent basti karma in SBG Ayurveda Hospital Belgaum, Karnataka. India during the year 2019 -2020.

Observations and results:

| Sl.no | Findings | Number of patients |
|-------|----------------------------|--------------------|
| 1 | Acute Fissure | 23 |
| 2 | Chronic Fissure | 56 |
| 3 | Fissure tag | 31 |
| 4 | Hemorrhoids | 52 |
| 5 | External opening / fistula | 15 |

Out of 250 patients received fitness assessment 23(7.6%) had acute fissure, 56(18.6%) had chronic fissure, 31(10.3%) had fissure tag and 52(17.3%) has hemorrhoids, 15(5%) had fistula.

Fitness form is being followed in the KAHER's Shri BMK Ayurveda Hospital Belgaum, Karnataka, India from last 5 Years, not a single complication is documented while basti administration. This shows the importance of fitness assessment before basti procedure.

Discussion:

Pre fitness for Panchakarma procedures has to be considered for improvement in efficacy and to avoid complications. Importance of pre-assessment is given under the heading of Purvakarma. The most common presentation of ano-rectal diseases are hemorrhoid, fissure, sphincter abnormality etc. It is estimated that in India the incidence of fissure in general population is around 1 in 350 adults⁴, hemorrhoids is around 44% among the population⁵. The trans rectal pathway may spread any infections or may form hurdle if performed without considering safety measures of basti fitness. The same pathway is also the cause of spreading infection from external to internal organs. 10 patients had developed active bleeding soon after administration of niruha basti, on evaluation patients had pile mass and injury to the mass had caused active bleeding, in another 23 group of patients basti was administered without examination and eight patients complained severe pain on catheter administration and compelled to stop basti procedure, on examination patient had acute fissure causing anal muscle spasm. This indicates importance of pre-fitness for basti karma. Observing all the difficulties and complication the present basti fitness form was prepared and applied on 250 patients. Fitness of patient were assessed under three heading – fit, unfit and fitness with precaution.

The patient who has no pain, burning sensation, any mass per anus, bleeding per rectum, any discharge and examination who presents with normal sphincter tone, tenderness, structural and functional

abnormality were screened as fit for basti. The patient who has acute fissure in ano, thrombosed pile mass, prolapsed hemorrhoids, rectum cancer, perianal and ischio - rectal abscess and on examination if sphincter tone is hyper tonic there is severe tenderness were screened as unfit for basti. The patient clinically who has no symptoms of bleeding, pain, and mass per anus but on examination if chronic fissure in ano, external anal tag, external hemorrhoids, digital examination reveals normal spincter tone, absent or mild tenderness then these patients were screened as basti to be given with precaution.

Out of 250 patients screened for basti pre assessment fitness 213 (85.2%) patients were fit for basti, 37 (18.5%) patients were unfit, among 37 (18.5%) patients basti treatment was cancelled for 6(3%) patients as these were not fit with precautions too, in 31(15.5%) patients basti was administered with precaution. Execution of this pre assessment basti fitness practice engendered to receive basti treatment by 244 (97.6%) patients without any discomfort and complications. Following precaution were adopted, in case of chronic fissure Proper lubrication was done with shatadhuta ghrita and slowly administer catheter without hurting the fissure. If there is palpable mass then care was taken to avoid injury to that part and suitable catheter was selected before giving basti. Patient with pain or tenderness were evaluated for the underlying condition. Thus, after implementation of this basti fitness assessment form not a single complication due to basti karma were reported in last 4 years in KAHER's Shri B.M.Kankanwadi Ayurveda Mahavidhyalaya. PG Studies and Research Center.

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