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Review Article

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Comparative Study of *Shatpuspa Tail Matra Basti* with *Dasmool Tail Matra Basti* in *Anartav w.s.r. to Vata Kaphaj Aartav Dusti (PCOS)*

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Abstract

Women's health is always being prime concern for medical fraternity since female not only serve for her family but also support society and nation. The current scenario witnessed rise in female health issues due to the stressful pattern of life style. Women of reproductive age mainly suffer with many gynecological problems and many of them experience hormonal imbalances which lead to menstrual irregularities. Currently many women are facing issues of polycystic ovarian syndrome (PCOS) globally which also affects physiology of normal menstruation. The incidences of PCOS are very high now a days due to the poor daily routines and sedentary lifestyles, etc. In Ayurveda menstrual abnormalities associated with PCOS can be correlated with *Anartav* caused by *Vata Kaphaj Aartav Dusti*. Ayurveda suggested many therapeutic options for such conditions including *Basti* therapy especially *Matra Basti*. Considering these facts present article reviewed role of *Shatpuspa Tail Matra Basti* and *Dasmool Tail Matra Basti* in *Anartav W.S.R. to Vata Kaphaj Aartav Dusti (PCOS)*.

Keywords: *Ayurveda, PCOS, Anartav, Basti, Vata*

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1. Introduction

Polycystic Ovarian Syndrome (PCOS) is a condition causes irregular periods and affecting large number of female population globally. This disease is marked by hyperandrogenism and menstrual irregularities, etc. The chronic stages if remain untreated, than it become causes

of infertility. PCOS is also associated with obesity, hirsutism and fat deposition, etc. Symptoms of PCOS reflect involvement of *Doshas* imbalances mainly *Kapha* and *Vata* along with *Avarodha* in *Artavavaha Srotas*. (1-3)

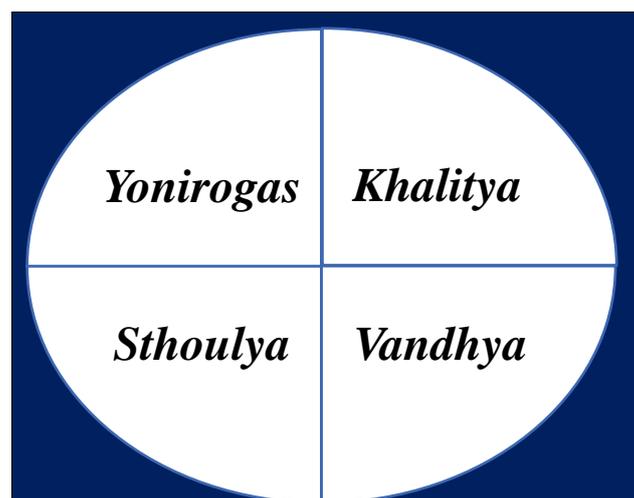


Figure 1. Complication of *Vata Kaphaj Aartav Dusti (PCOS)*

Hetu (etiological factors) includes consumption of *Madhur*, *Amla* and *Lavana Rasa*. Consumption of *Snigdha*, *Guru*, *Abhishyandi* and *Sheeta Ahara* also cause disease progression. Other etiological factors related to dietary habits include *Adhyasana*, *Vishamasana*, *Atyashanam*, *Samasana* and *Pramitabhajana*, etc. *Mithya Vihara* which may cause *Anartav* includes *Divaswapna*, *Ratrijagarana*, *Vegadharana*, *Avyayama*, *Shoka*, *Chinta* and *Bhaya*, etc. The complication associated with *Vata Kaphaj Aartav Dusti* is depicted in **Figure 1**.

Ayurveda described many approaches for managing such types of conditions including *Basti* therapy which help to release obstructions affecting *Vata Dosha*, regulating normal function of *Apana Vata* and controls hormonal regulations. Different types of *Basti* therapy utilizes in *Aartav Dusti* as follows (2-5):

- ✚ *Anuvasana Basti* utilizes oil-based enemas to balance *Vata Dosha*.
- ✚ *Matrabasti* uses medicated oils like *Shatpushpa Taila* and *Dasmool Tail* for relieving symptoms of disease.
- ✚ *Niruha Basti* utilizes decoction-based enemas for balancing *Vata Dosha*.

2. Shatpuspa Tail and Dasmool Tail Matra Basti in Anartav

Apana Vata is responsible for downward movement in the body, including elimination of waste. *Basti* aims to normalize *Apana Vata*, which can improve its function and help in the proper elimination of waste products. *Basti* can correct *Agni Dushti*, thereby improving digestion and metabolic processes. *Basti*, when administered *via* the rectal route, interacts with the mucosal layer of the rectum. This interaction stimulates the Enteric Nervous System (ENS), which closely resembles the Central Nervous System (CNS). This generates stimulatory signals for the CNS, leading to various systemic effects. This stimulation can lead to the release of endogenous opioids like β -endorphins. These opioids can inhibit the release of gonadotropin-releasing hormone (GnRH) in the gastrointestinal tract (GIT), which plays a role in regulating the Hypothalamic-Pituitary-Ovary (HPO) axis. This way *Basti* helps in regulating the HPO axis, which is crucial in conditions like PCOS associated with hormonal imbalances. Normalization of the HPO axis can lead to improvements in ovarian and menstrual cycles. The administration of *Basti* may also stimulate the parasympathetic nerve supply. This stimulation can contribute to the development of ovarian follicles and the release of ova from the ovary, further aiding in the regulation of menstrual cycles. (5-8)

3. Administration of Matra Basti

The patient allows lying down in the left lateral position, with the left leg extended and the right leg flexed at the knees and hips. Lukewarm oil was drawn into an enema syringe, rubber catheter coated with oil, attached to the syringe. Lubricated rubber catheter was gently inserted and oil was then administered while the patient advices to take the deep breaths to ease the insertion and prevention of pain. The patient was then allowed to lie in

a supine position after the administration of oil. The buttocks should tap gently and elevated legs helps to retain the administered oil.

4. Probable Mode of Action of Shatapushpa Taila Matra Basti in PCOS

After entering the *Pakvashaya*, *Basti* exert its effects on the body. *Guda* acts as *Sharira Mula* connected through *Shiras* and *Dhamanies* thus *Basti* not only provides local effect but also imparts systemic effects. In this way therapy nourishes and balances *Doshas* and *Dhatus*. *Shatapushpa Taila Matra Basti* *Basti* normalize *Apana Vata*, the *Shatapushpa Taila* enter the circulatory system and activates ENS, then activate endogenous opioids thus limit release of gonadotropin-releasing hormone and modulates Hypothalamic-Pituitary-Ovary-axis which finally normalizes ovarian and menstrual cycles.

Shatapushpa Taila used in *Basti* imparts *Yonivishodhana*, *Artavajanana*, *Beejotsarga*, *Balya* and *Deepan-Pachan* effects. Therefore *Shatapushpa Taila* helps to clean reproductive system, stimulate menstrual flow, promotes ovulation and enhances digestion. *Shatapushpa* helps to balance hormones by virtue of phytoestrogenic activity, thus normalizes menstrual cycle. (6-8)

This *Tail Matra Basti* supports digestive system, ensuring better absorption of nutrients, which in turn nourishes the reproductive tissues. The anti-inflammatory and analgesic properties of *Tail* help in alleviating associated symptoms, regulates hormonal balance, imparts detoxifying effects and reduces stress and promoting mental relaxation.

5. Probable Mode of Action of Dashamoola Taila Matra Basti in PCOS

Dashamoola is a combination of ten roots possessing enormous therapeutic properties and these different drugs enhances potency of each other by virtue of *Viryasamkranti* concept. Various processing methods also improve potency of each drugs of *Dashamoola*, thus this formulation gives significant therapeutic responses in case of gynecological problems.

The *Dashamoola Taila* possesses attributes such as *Madhura*, *Tikta*, *Kashaya*, *Guru*, *Snigdha*, *Ushna Veerya* and *Madhura Katu Vipaka*, etc. These properties are responsible for *Tridoshanashaka Karma* of formulation. This drug pacifies all three *Doshas*, possesses anti-inflammatory and analgesic effects thus suppress symptoms of PCOS such as pain and fever, etc.

Basti therapy is used for address menstrual irregularities since it pacify *Vata Dosha* and treat *Avarodha* in *Artavavaha Srotas*. This *Matrabasti* give enormous benefits in PCOS amongst other *Basti* therapy. *Dashamoola* gives *Vata* & *Kapha* pacifying effects therefore relives symptoms of *Aartav Dusti* (PCOS) associated with *Vata-Kapha* vitiation. (9, 10)

Administering *Dasmool Tail* through *Matra Basti*, help to lubricate and nourish the tissues, promoting the smooth functioning of the reproductive system. *Matra Basti* is rich in nutrients and medicinal properties thus it

strengthens the uterine muscles and other reproductive tissues, enhancing their health and functionality. *Dasmool Tail* helps in regulating hormonal functions by improving the overall health of the endocrine system, thereby aiding in the normalization of menstrual cycles. *Dasmool Tail Basti* helps to clear subtle blockages and impurities in the reproductive system, which can be a contributing factor to *Anartav*. The soothing and nourishing properties of the oil have a calming effect on the nervous system, reducing stress and promoting mental relaxation, which can indirectly support the resumption of normal menstrual cycles.

6. Conclusion

Matra Basti offers significant effects in treating PCOS; helps in regularization of menstruation, reduces body weight, improves follicle growth and enhances ovulation process. PCOS mainly induced by *Vata*, *Matra Basti*, particularly *Shatapushpa Taila Matra Basti* and *Dashamoola Taila Matra Basti* relieves *Vata* vitiation and also addresses obstruction caused by *Vata*. These *Matra Basti* prevents recurrence of PCOS by normalizing *Apana Vata* and stimulating ENS leading to endogenous opioids release and regulates HPO axis. These all effects together contribute to the therapeutic benefits of *Shatapushpa Taila Matra Basti* and *Dashamoola Taila Matra Basti* in conditions like PCOS.

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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