

# Basti Enema Treatment



Basti treatment is the main treatment for increased doshas, predominantly Vata Dosha.

There are 2 types of basti, Niruha and Anuvasana basti. It is an ideal therapy for the treatment of Vata ailments such as arthritis, rheumatism, muscle spasm, sciatica, backache, joint pains, headaches, constipation, gynaecological disorders and infertility.

The colon is not only the main organ concerned with the absorption of nutrients and the elimination of waste material but it is also the main seat of vata, the primary energy that governs all physiological activities in the body. When vata is functioning normally its movement facilitates the removal of impurities, toxins and waste matter from the tissues and helps eliminate them from the body. By balancing the energy of vata with basti treatment we are able to control the onset of disease as we prevent toxins (ama) from being carried from the gastrointestinal tract into the deeper tissues where they can generate disease.

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## How does the basti work?

Sushruta has scientifically and beautifully described the mode of action of basti where he has given his importance to the active principle of the herbs administered. The active principle of the basti spreads from the colon all over the body in the same manner as the water poured at roots of a tree reaches up to the leaves.

Enema though situated in the large intestine draws out impurity from head to the feet by its power just as the sun takes away sap of the earth even staying in the sky. - Sushruta Chi 35:27

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## Anuvasana Basti Preparation

Anuvasana basti is an oil-based basti.

### To prepare for this basti treatment:

- Eat breakfast prior to basti before leaving home 1/2-1 hour before treatment.
  - Warm and moist foods. Porridge, rice soup, vegetables soup or broth, dhal, kitchari, stewed apple with porridge.

- Follow your typical morning routine - tongue cleaning, oil pulling etc.
- To prepare the days before, stay well hydrated, eat light and easy to digest foods, limit stress and follow the healthy eating guidelines.

### **What to expect?**

- Try to urinate prior to the treatment.
- When at the clinic your treatment will start with oil application to the lower back and a short massage followed by localised steam (Nadi sveda) or whole body steam.
- Next the basti is administered followed by a 5-10 minute rest.

### **After-care for Anuvasana Basti**

- Avoid travelling.
- Avoid busy shopping centres.
- Some people prefer wearing a pad in case of oil dripping.
- Avoid going to beach and extreme weather conditions.
- Eat when you feel hungry.
- Have food prepared.
- Note down the time when the oil is expelled. It is okay if the oil does not come out throughout the day., it may not be expelled at all.
- Check the bowel movement for oil floating on top.
- Avoid strenuous exercise.
- Follow a gentle evening yoga routine.
- Follow the healthy eating guidelines and stay hydrated.

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## **Niruha Basti Preparation**

Niruha Basti is considered an elimination basti, or cleansing basti. This basti is generally completed the day following an Anuvasana oil basti.

### **To prepare for this basti treatment:**

- Best to avoid food 3 hours before treatment, unless discussed with the practitioner otherwise. Let us know if you find it difficult to fast for 3 hours in the morning. If basti is scheduled for 11am, eating at 7am is fine for example.
- Follow your typical daily routine.
- Avoid strenuous exercise before and after the basti treatment.

- Pack a meal of light and easy to digest foods, kitchari, mung soup, etc. to eat after the basti at the clinic. It is important to bring your meal with you to the clinic. We can reheat it for you after the basti.
- To prepare the days before, stay well hydrated, eat light and easy to digest foods, limit stress and follow the healthy eating guidelines.

### **What to expect?**

- Try to urinate prior to the treatment.
- When at the clinic your treatment will start with oil application to the lower back and a short massage followed by localised steam (Nadi sveda) or whole body steam.
- Next the basti is administered.
- Within a few minutes you will have a bowel movement. Multiple bowel movements are expected. It is important that once you feel the urge that you immediately expel the movement.
- It is rare to feel lightheaded, but if you do please let someone at the clinic know immediately.
- After bowel movements stop you will eat your meal.
- Sip on water.

### **After-care for Niruha Basti**

- Avoid travelling.
- Avoid busy shopping centres.
- Avoid going to beach and extreme weather conditions.
- Note down your bowel movements for the remainder of the day.
- Avoid strenuous exercise.
- Follow a gentle evening yoga routine.
- Follow the healthy eating guidelines and stay hydrated.
- Call the clinic if any complications.