



A Comprehensive Clinical and Analytical Approach of Hridaya Basti

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Abstract

Hridaya Basti is a Sthanika Basti used over the *Urah Pradesh* in *Hridaya Roga* and various other disease of *Urah Pradesh*. It is similar as of *Shirobasti*, in which luke warm decoction/ medicated oil is poured over the *Urah Pradesh* to maintain the *Rasa Samvahan* (circulation). It is an external approach to many cardio-pulmonary diseases by maintaining the proper flow of blood. It is commonly used in pain condition. It also has beneficial effect on mind and gives strengthening effect to cardiac muscle.

Keywords: Urah Basti; Hridaya Basti

Introduction

Basti is a major therapy among *Snehadi Karma* in *Panchkarma*. It works as *Samsodhana* & *Samsamana* because of combination of different drugs. The word *Basti* derived from the "*Vasa*" *Dhatu*, coated as "*Vas Nivase*" (to stay/ reside), "*Vas Achadane*" (to cover/to coat) [1]. In general, there are two approach of *Basti* therapy one is internal and another one is external. The internal *Basti* includes *Niruha*, *Anuvasana* & the external *Basti* which is also called *Sthanika Basti* includes *Shirobasti*, *Hridaya Basti*, *Kati Basti*, *Jaanu Basti* etc. *Hridaya Basti* also known as *Uro Basti* because it is given at *Urah Pradesh* over the sternum. In *Ayurveda* *Urah Pradesh* is a seat of *Pranvaha Srotasa* and *Kapha Dosha*. It is a centre of flow of blood in body & cardio-respiratory functions. Not only this, the *Hridaya* which is one of three principal vital organs (*Trimarma*) of our body also situated in *Urah Pradesh* [2]. *Hridaya* is a seat of *Chetana* (conscious

and emotions) & *Para Ojas* (vital essence) [3]. In *Ayurveda* *Hridaya* is also termed as *Mula Sthana* of *Rasavaha*, *Pranvaha* & *Manovaha Srotasa*⁴. So basically *Uro Basti* is given at the centre of chest in various cardio-pulmonary diseases. Now a day where people are pampered to high caloric diet, saturated fat rich diet & many other violations of principles of diet cause biofire insufficiency. As an insufficient biofire *Aama Rasa* (hyperlipidemia) is formed which further leads to *Dhamni Praticaya* (thickening of vessels) & *Dhamni Kathinya* (hardening). Finally the *Srotorodha* occurs & manifest as *Ruja* (angina) or many more disease of cardio-pulmonary system. So we have to correct the biofire and *rasa Samvahana*. In *Uro Basti* medicated liquid is poured over the sternum which gives *Swedana* effect to the local structures especially to the aorta. Dilatation of vessel occurs & flow of blood is maintained. As a result it gives relief in symptoms and strengthens the muscle. Not only this it also pacifies the *Manovaha Srotas* to get rid from anxiety or stress (Table 1).

Materials and Methods

Material	Quantity
Black gram powder	500gm
Fabricated acrylic brim with small quantity of flour for packing	1
Taila	250-500ml
Cotton roll	1
Hot waterbath	1
Vessel	4
Towel	2
Cotton ribbon	1
Therapist	1

Table 1: Material Required [5].

SITE: At the center of chest by taking mediastinum as a center point.

Procedure

Pre-operative Procedure: Patient should be lie in comfortable supine position exposition the chest. If the site is hairy, it must be shaved clearly. Gently massage the area & hasta *Swedana* should be done. After that rub that area from dry powder for opening the pores. Dough of thick consistency is prepared with black gram flour by adding water [6,7]. This is rolled to a long strap, with the height of about three *Angulas* (two quarters inch) and width of one inch. The length should be sufficient to form a ring around the area. The ends are fixed such that it forms a loop (*Paali*). If readymade acrylic brim is used small quantity of dough is used to seal the contact area. Steel or plastic rings may also be used. Now the *Paali* is attached firmly over the chest region, & the edges should be sealed with thin paste of black gram flour, ensuring that the content should not leak from container. Place cotton pad at the centre of brim on the surface to avoid direct contact of hot oil.

Main Procedure Steps: The oil is warmed over hot water bath (40°C-45°C). After that, the respective unctuous matter is poured in the container in lukewarm form from the side over the area for 30-45 min. It should be noticed that the temperature of unctuous substance should be maintained.

Post Procedure Steps: After the prescribed time, oil is to be removed off from over the chest with the help of cotton.

Remove the dough. Wipe the surface with cotton or towel. Patient is advised to take rest in the same position for 10-20 min.

Special Precautions

- The procedure should be done in the *Nivata Sthana*.
- For *Kapha Dosha* it should be done in the early morning, for *Pitta Dosha* – in the morning & for the *Vata Dosha* – in the evening [8].
- Leakage should be prevented by pasting the dough firmly over the area.
- Uniform temperature should be maintained throughout the procedure.
- Avoid excess heating of oil since it may cause burn.

Complications and Its Management

- Burns – apply cold water, *Shatadhouta Ghrita*, *Ghrita-kumari*.
- Discomfort due to lying in one posture for a long time – make comfortable positions with correct sized pillows or massage that area [9].

How it Works: After the application of the oil, penetration of heat through the skin started, which not only dilate the blood vessel (aorta) but also stimulates the receptor of vagus nerve (intrinsic nervous system) through heart – brain communication & mind become calm. Generalized metabolic reaction of drug is also occurs at that area. Finally gives the result as proper *Rasa Samvahana* (circulation), calm effect on brain & also strengthen the cardiac muscles. According to Ayurveda it maintains the flow of *Rasa Dhatu* enhances the *Hridaya Sthana Gata Pitta Karma* & regulates the *Vyan Vata*. Proper *Rasa Samvahana* nourishes the *Shira Pradesh* which gives soothing effect in stress condition & *Prashadan* of *Manovaha srotas*.

Effects

- Increases the vasodilation
- Decreases the viscosity of blood
- Change in nerve conduction
- Strengthen the muscles
- Increases the pain threshold
- Increases the tissue extensibility
- Improves the blood flow (Tables 2 & 3).

Indication	Contra- Indication
<i>Kasa</i>	Acute & severe MI
<i>Svasa</i>	Aneurysm
<i>Arochaka</i>	Dilated cardiomyopathy
<i>Bhaktarodha</i>	CHF
<i>Chardi</i>	Alveolar disease
<i>Hridroga</i>	
IHD	
Concentric cardiomyopathy	
Valvular disease	
COPD	
CAD	
Post MI	
Myocardial dystrophy	
Chronic costochondritis	
Hypertension	
Psychetric ailments	

Table 2: Indications & Contra-Indications [10].

<i>Hrudroga</i> associated with <i>Aayam</i> (expansion) & <i>Hrudrava</i> (palpitation)	<i>Tila Taila, Balataila, Jeevakghrita</i>
Intense cardiac pain	<i>Ghee</i> processed in <i>Amrita, Bala</i> & other drugs
<i>Svas</i>	<i>Taila</i> processed in <i>Bala-Kvatha, Satavari- Svarasa, Ksira-Masa-Yusa-Rasa</i> by adding the <i>Kalka</i> of <i>Rasna, Devdar, Bala</i> & <i>Asvagandha</i>
<i>Chardi</i>	Milk
<i>Bhakta rodha</i>	<i>Ksheerbala taila, dhanvantar taila & bala taila</i>
<i>Arochaka</i>	<i>Ksheerbala taila</i>
Blockage (<i>Kapha vridhi</i>)	<i>Koshna jala, Shunthi Sadhita Jal, Takra</i>
Palpitation (<i>Vata Vridhi, Kapha Kshaya</i>)	<i>Ksheerbala Taila</i>
<i>Pita Vriddhi</i>	<i>Chandana Bala Lakshadi Taila, Dugdha, Karpur Taila</i>
<i>Kaphavritta Vata Avastha</i>	<i>Saindhavadi Taila</i>
Hypertension	<i>Chandana Bala Lakshadi Taila, Ksheerbala, Dhanvantar Taila</i>
<i>Oja Kshaya</i>	<i>Ghrita</i>

Table 3: Methods of Uro Basti [11].

Discussion

Hridaya Basti is a *Sthanika Snigadha Basti*. Commonly used in painful condition of many *Hridaya Roga* along with respiratory disorders. *Urah* is main *Sthana* of *Pranvaha Srotas, Kapha Dosha*. Among the *Trimarma, Hridaya* is located in *Urah Pradesh*. As per *Ayurveda*, the *Hridaya* is known as a seat of *Oja, Tridaosh, Chetana, and Mana*. The main function

of *Hridya* is to regulate all the circulatory movement of blood along with the lungs. So we can say that all the respiratory & circulatory functions are regulated by *Tridosha* within the *Urah Sthana*. The continuous heat is given through the luke warm oil in *Hridaya Basti* which increases the blood flow by dilating the aorta. Increased blood supply to that area nourishes the local muscles. *Kasa* & *Swas* are the *Vyadhi* of *Pranvaha & Rasavaha Srotas*. In both the disease

Agani is hampered & *Vata* is vitiated which leads to *Dushti* of *Rasa Dhatu*. Consequently leads to improper flow of *Rasa* to the body. By applying *Hridaya Basti* to the chest region, a constant heat is given to the particular area for a fixed time which regulates the function of *Vyan Vayu*. Ultimately gives result in proper *Rasa Samvahana*, pacifies the vitiated *Vata Dosh* & relieves the symptoms. The leading cause of *Aruchi* is *Agnimandya* along with the involvement of *Manovaha Srotas*. *Hridaya Basti* enhances the function of *Sadhak Pitta*, *Vyan Vayu* & *Avlambak Kapha*. Which give soothing effect to *Manovaha Srotas* by heart-brain communication & *Hridaya* is main *Sthan* of *Manovaha Srotas*? In the similar way *Chardi* is also caused by any *Mansika Bhava* like *Bhaya*, *Udvega*, *Apriya* etc. *Hridaya Basti* in this situation corrects the vitiated *Vata*, *Mansika Bhava*. In *Hridaya Roga*, the function of *Ras Dhatu* is hampered by vitiated *Doshas* situated in the *Hridaya*. Through *Hridaya Basti* mild *Swedana* is given which control the vitiated *Vata-Kapha* & the function of *Rasa Samvahana* becomes proper. It also gives relief in pain as pain is caused by *Vata* & *Swedana* is the primary treatment modality of vitiated *Vata Dosh*.

IHD & hypertension are those pathological conditions, in which improper blood supply to body & heart due to vessel constriction. The *Hridaya Basti* on the chest region will dilate the aorta & maintain the blood flow. In CAD the pathway becomes narrow due to atherosclerosis which causes improper blood supply to heart. In this situation the *Hridaya Basti* correct the flow of blood to heart by dilating the blood vessels. In the same way, *Hridaya Basti* can be done instable angina. Concentric cardiomyopathy is that condition of heart where the heart muscle becomes thick & the function of heart is hampered due to improper contraction and relaxation of muscle. The *Hridaya Basti* in this condition gives beneficial result by nourishing the cardiac muscle through proper blood supply.

Similarly in myocardial dystrophy the *Hridaya Basti* helps the condition by strengthening the cardiac muscle. COPD is a respiratory disorder, where airflow is blocked & difficult to breath. *Hridaya Basti* dilates the air vessels by heating effect. The chronic inflammatory condition of ribs cartilage & post MI are also relived by *Hridaya Basti* because of heating and strengthening effect. *Hridaya Basti* relaxes the mind by the stimulation of vagus nerve so helpful in many psychiatric ailments.

Here some case presented with different pathology & got good relief by *Hridaya Basti*.

Case 1: A 56 years male patient (rt. Army officer) comes with complaints of mild to moderate chest pain radiating to left arm, palpitation, fatigue, mild dyspnea from 3 months. Known case of myocardial infarction (attack before 3 years).

He was diagnosed as post MI Angina, ECG finding shows old MI with ST depression in II, aVf. He was given Arjun *Ksheera Paaka* 40 ml bd along with along with *Uro Basti* for 1 month (3 sittings of 7-7 days with the interval of 3-3 days). After 1 month of treatment he got completely relief in chest pain, anxiety & moderate relief in palpitation, fatigue & dyspnea.

Case 2: A 41 years male patient (shop keeper) with the complaints of altered frequency of defecation & consistency of stool (mostly hard and lumpy), mild lower abdominal pain before defecation from 5-7 years with no organic abnormalities. His symptoms aggravated during anxiety. After 1 month of treatment (2 sittings of 15 days) he got mild relief in altered frequency, consistency, abdominal pain & straining during defecation.

Case 3: A 36 years male patient (office worker) with the complaints of mild to moderate headache in occipital and para orbital, fatigue, giddiness & interrupted sleep from 2 months. Occasionally he felt palpitation also. All these symptoms aggravated during stress. His BP was measured 140/96mm of Hg with no change in ECG. After treatment of 15 days, his was measured as 136/90 & also got mild relief in headache, palpitation, fatigue, giddiness & interrupted sleep.

Conclusion

Uro Basti is local application of medicated oil over a specific area of chest. It enhances the blood flow, strengthens the muscles & also reduces the stress & anxiety through brain- heart communication. It can be used in much cardio vascular disease like hypertension, Post MI, COPD, IHD, *Svasa* etc. It also has significant result in psychiatric ailments.

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