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A Review Article on dose of *Matra Basti*

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ABSTRACT:

Panchakarma presents a unique approach of *Ayurveda* with specially designed five procedure of internal purification of the body through the nearest possible route. These are *Vamana*, *Virechana*, *Basti*, *Nasya* and *Raktamokshana*. *Ayurveda* considers *Basti Chikitsa* to be one of the most important *Panchakarma* treatment. The therapeutic oil or herbal decoction is administered through the anal route in *Basti Karma*. *Matra Basti* is one among the *Sneha Basti*. It is termed so because the dose of *Sneha* used in it is small when compared to the dose of *Sneha Basti*. *Matra Basti* that, there is no restriction of food or regimen while administering *Matra Basti*. It can be administered continuously in all seasons. The term *Matra Basti* is popular because of its dose only, because *Sneha* is administered in the *Hraswamatra*. Here this article has made to know the different dose of *Matra Basti* as per different *Achaya*.

Keywords-*Matra Basti*, Importance and Properties of *Matra Basti*, Dose

INTRODUCTION

Ayurveda having different specialties of treatment and among them, *Panchakarma* is the super speciality. In *Panchakarma*, through different treatment modalities, one can maintain the healthy status of body; prevents the disease occurrence and curing the diseases in natural way. *Basti* is considered to be most important constituent among the *Panchakarma*¹ which alleviates morbid *Vata Dosha* from the root level along with other associated *Doshas* also. Therefore, *Basti* is considered as *Ardha Chikitsa* of all the disease. Some authors consider it as the complete remedy for all the ailments². *Basti* possesses both *Samshodhana* and *Samshamana* effects along with this, it does the functions like *Brimhana* in emaciated Person; *Karshana* in Obese person etc. *Acharya Sushruta*

mentioned two types of *Basti* on basic of *Basti Dravya* that ie *Sneha* and *Niruha Basti*³. In *Sneha Basti* mainly four types of *Sneha* in the form of medicated *Taila*, *Ghrita*, *Vasa* and *Majja* are administered. In *Niruha Basti Kashaya* is the main content. The *Kashaya*, *Madhu*, *Saindhava*, *Sneha* and *Kalka* are the ingredients commonly used in *Niruha Basti*. Again the *Sneha Basti* is classified into three types according to the dose that is *Sneha Basti*, *Anuvasana Basti* and *Matra Basti*⁴. *Matra Basti* is one among the *Sneha Basti*. It is termed so because the dose of *Sneha* used in it is small when compared to the dose of *Sneha Basti*. The term *Matra* conveys many meanings such as measurement, quantity, size, duration, number, degree, unit of time and moment etc. but in this context *Matra* refers to measurement i.e., quantity of *Basti Dravya*. All the



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Acharyas unanimously opine that *Matra Basti* is a variety or subtype of *Anuvasana Basti*. However there is difference of opinion about the dose among them.

Importance of *Matra Basti*:

Charaka has clearly explained the importance of *Matra Basti* that, there is no restriction of food or regimen while administering *Matra Basti*. It can be administered continuously in all seasons⁵. He has also used the word “*Sukhopachaya*”, means that which is administered easily. *Astanga Samgraha* further confirming the above statement says that, this *Matra* can be used always just like as *Madhutailika Basti*. Unlike *Anuvasana Basti*, *Matra Basti* can be administered to *Bala*, *Vruddha* and in *Alpagni* conditions. There is no *Parihara* for this type of *Basti*⁶. *Astanga Hridaya* also opines the same and he has added the word *Sukha*. *Hemadri* commenting on the word *Sukha* explains it as *Vyapad Rahita* i.e., devoid of complications. *Aruna Datta* commenting on the word *Nishparihara*, explains it as *Aniyantrana* means there is no restriction for day to day activities while undergoing *Matra Basti*⁷.

Properties of *Matra Basti*:

1. *Balya*
2. *Srushta vegakruta*
3. *Brings about Brimhana effect.*
4. *Cures Vata Vyadhi*⁸.
5. *Doshaghanta* .
6. *Varnya (gives good complexion)*⁹.

DISCUSSION

Doses of *Matra Basti*-

The term *Matrabasti* is popular because of its dose only, because *Sneha* is administered in the *Hraswamatra*. *Acharya Charaka* mentioned as “*Hruswa Sneha Matra*” but not mentioned exact quantity¹⁰. Whereas *Acharya Vagbhata* recommended the dose, equal to the dose of *Hruswa Snehapana*^{11,12}. The *Matra* which gets digest in 2 *Yama* (6 hours) is called as *Hruswa Matra* of *Snehapana*¹³, but the dose required to get digested in 2 *Yama* is not mentioned. *Sushruta* has given the dose as half of the dose of *Anuvasana Basti* and According to him the dose of *Anuvasana Basti* is half of the dose of *Sneha Basti*. In *Sneha Basti*, the dose given is 1/4 th of the total dose of *Niruha Basti* i.e. 6 *Pala* (24 *Tola*). Hence, the dose of *Matra Basti* is 1½ *Pala*¹⁴= 6 *Tola* = 72ml. According to *Chakrapani*, the dose of *Sneha Basti* is 6 *Pala*, dose *Anuvasana Basti* is 3 *Pala* and of *Matra Basti* is 1½ *Pala*¹⁵. *Sharangandhara* mentioned *Sneha Matra* of *Matra Basti* as 2 *Palas* (8 *Tolas*)¹⁶. *Acharya Kashyapa* prescribed the quantity of *Matra Basti* as 2 *Palas* as *Uttama Matra*, 1 ½

Pala as *Madhyama Matra* and 1 *Prakuncha* as *Hraswa Matra*. He even stated that half *Pala* of *Sneha* can be given in newborn baby, it can be administered without any hesitation and complication^{17,18}. On the basis of above references, it can be said that the dose of *Matra Basti* is 1½ *Pala* of *Sneha* i.e. 6 *Tola* =72ml. Table no.1- Dose of *Matra Basti* according to Different *Acharya*. Table no.2- Dose of *Matra Basti* according to Age¹⁹

***Arohana Krama Matrabasti*:**

Acharya Adamalla in his commentary on *Sharangadhara Samhita*, explain the *Arohana krama* of *Matra Basti*²⁰. Table no.3- Dose of *Matra Basti* according to *Arohana Krama* In *Chakradatta*²¹ and in *Vangasena Samhita*²² three doses are described for *Anuvasana Basti*. 6 *Pala* is considered as the *Jyeshtha Matra*, 3 *Pala* is *Madhyama Matra* and 1½ *Pala* as *Kaneeyasi Matra*. In *Jyeshtha Matra* 2 *Pala* (96 ml) is administered in the beginning and then increased by ½ *Pala* (24 ml) everyday and it becomes 6 *Pala* on the 9th day, in *Madhyama Matra* starting dose is 1 *Pala* (48 ml) increased by ¼ (12 ml) everyday and it will reach to 3 *Pala* on the 9th day and in the *Kaneeyasi Matra* initial dose is ½ *Pala* (24 ml) and increased by 6 ml everyday and on the 9th day it becomes 1½ *Pala*.

CONCLUSSION

Panchakarma are the very unique therapy of *Ayurveda*. *Basti* is the one of them. *Matra* means dose has great importance in *Panchakarma* as well as in *Basti*. Deciding dose or *Matra* is a skillful work. It requires the perfect knowledge of the dose. Using *Yukti Pramana*, a physician achieves the success.

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Table no.1- Dose of *Matra Basti* according to Different *Acharya*

| <i>Name of the Acharya</i> | <i>Dose of Matra Basti</i> |
|----------------------------|--|
| <i>Charak</i> | <i>Hrusva Snehapana Matra</i> |
| <i>Sushruta</i> | <i>1½ Pala</i> |
| <i>Vrudhha Vagbhata</i> | <i>Hrusva Snehapana Matra</i> |
| <i>Laghu Vagbhata</i> | <i>Hrusva Snehapana Matra</i> |
| <i>Kashyapa</i> | <i>Uttama Matra - 2 Prakuncha Madhyama Matra - 1 PrakunchaAvara Matra - 1 Prakuncha Bala - ½ Prakuncha</i> |
| <i>Sharangadhara</i> | <i>2 Pala or 1 Pala</i> |
| <i>Bhavaprakasha</i> | <i>2 Pala or 1 Pala</i> |

Table no.2- Dose of *Matra Basti* according to Age¹⁹

| Sl.no | Age in Years | Matra in Tola | Sl no | Age in Years | Matra In Tola |
|--------------|---------------------|----------------------|--------------|---------------------|----------------------|
| 1 | 1 year | ¼ | 11. | 11 year | 2 ¾ |
| 2 | 2 year | ½ | 12. | 12 year | 3 |
| 3 | 3 year | ¾ | 13. | 13 year | 3 ½ |
| 4 | 4 year | 1 | 14. | 14 year | 4 |
| 5 | 5 year | 1 ¼ | 15. | 15 year | 4 ½ |
| 6 | 6 year | 1 ½ | 16. | 16 year | 5 |
| 7 | 7 year | 1 ¾ | 17. | 17 year | 5 ½ |
| 8 | 8 year | 2 | 18. | 18 year | 6 |
| 9 | 9 year | 2 ¼ | 19. | 19-70 years | 6 |
| 10 | 10 year | 2 ½ | 20. | 70 year above. | 5 |

Table no.3- Dose of *Matra Basti* according to *Arohana Krama*

| | Start | 1st day | 2nd day | 3rd day | 4th day | 5th day | 6th day | 7th day | 8th day | 9th day |
|-----------------------|------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| <i>Uttama Matra</i> | 8 <i>Tola</i> | 8 <i>Tola</i> | 10 <i>Tola</i> | 12 <i>Tola</i> | 14 <i>Tola</i> | 16 <i>Tola</i> | 18 <i>Tola</i> | 20 <i>Tola</i> | 22 <i>Tola</i> | 24 <i>Tola</i> |
| | | 96 ml | 120 ml | 144 ml | 168 ml | 192 ml | 216 ml | 240 ml | 264 ml | 288 ml |
| <i>Madhyama Matra</i> | 4 <i>Tola</i> | 4 <i>Tola</i> | 5 <i>Tola</i> | 6 <i>Tola</i> | 7 <i>Tola</i> | 8 <i>Tola</i> | 9 <i>Tola</i> | 10 <i>Tola</i> | 11 <i>Tola</i> | 12 <i>Tola</i> |
| | | 48 ml | 60 ml | 72 ml | 84 ml | 96 ml | 108 ml | 120 ml | 132 ml | 144 ml |
| <i>Hrusva Matra</i> | 2 <i>Tola</i> | 2 <i>Tola</i> | 2.5 <i>Tola</i> | 3 <i>Tola</i> | 3.5 <i>Tola</i> | 4 <i>Tola</i> | 4.5 <i>Tola</i> | 5 <i>Tola</i> | 5.5 <i>Tola</i> | 6 <i>Tola</i> |
| | | 24 ml | 30 ml | 36 ml | 42 ml | 48 ml | 54 ml | 60 ml | 66 ml | 72 ml |