

## REVIEW ARTICLE

# Critical Insights into the Therapeutic Potential of *Piccha Basti* – A Review

Bhoomika Chaudhary<sup>1\*</sup>, Sarvesh Kumar Singh<sup>2</sup>, Kshipra Rajoria<sup>3</sup>, Vimla Bishnoi<sup>1</sup>

<sup>1</sup>PG Scholar, Department of Panchakarma, National Institute of *Ayurveda*, Jaipur, Rajasthan, India.

<sup>2</sup>Associate Professor, Department of Panchakarma, National Institute of *Ayurveda*, Jaipur, Rajasthan, India.

<sup>3</sup>Assistant Professor, Department of Panchakarma, National Institute of *Ayurveda*, Jaipur, Rajasthan, India.

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### ABSTRACT

**Introduction:** *Panchakarma* (~five basic therapeutic procedures in Ayurvedic medicine) therapies, integral to *Ayurvedic* management, include *Basti* (~medicated enema), targeting *Vata* imbalances. *Piccha Basti*, a subtype, employs a standardized blend of honey, raw sugar, clarified butter, medicinal paste, and herbal decoction. It addresses gastrointestinal disorders such as diarrhea and inflammatory bowel disease.

**Materials and Methods:** The study reviewed classical Ayurvedic texts including *Brihatrayee* and *Laghutrayee* and conducted a comprehensive search across various databases and journals such as PubMed, JAIM, and ResearchGate for information on “*Basti*” and “*Piccha Basti*.” Individual constituent drugs of *Piccha Basti* were also investigated. Relevant articles were critically analyzed to draw conclusions.

**Results:** *Basti* (~medicated enema), administered rectally, targets the colon, primarily affected by *Vatadosha* in classical texts. It acts on *Vata dosha*, *Pitta*, and *Kapha dosha*, maintaining equilibrium. The *Virya* (potency) spreads systemically, exhibiting local and systemic effects. *Picchabasti* constituents, predominantly *Madhur* (sweet), *Tikta* (pungent), and *Kashaya* (astringent), possess properties such as *Picchil* (~viscous), *Sangrahi* (~absorbent), *Raktashodhaka* (~hemostatic), *Shonitasthapana* (~blood-staunching), *Vranaropana* (~wound-healing), and *Shothahara* (~anti-inflammatory), expediting gut healing. *Picchil* (~viscous) property protects the gut mucosa, while *Sangrahi* (~absorbent) property regulates stool consistency. *Raktashodhaka* (~hemostatic) and *Shonitasthapana* (~blood-staunching) properties control bleeding, and *Vranaropaka Karma* (~wound-healing) aids ulcer healing.

**Conclusion:** In *Ayurvedic* literature, *Piccha Basti* is lauded for its therapeutic efficacy in treating conditions such as *Jirna Atisara* (~chronic diarrhea), *Pravahika* (~dysentery), and *Grahani Dosha* (~irritable bowel syndrome). On reviewing numerous articles detailing the constituents of *Piccha Basti*, it has been concluded that these components possess specific chemical constituents that exert a targeted effect on inflammatory bowel disease.

## 1. INTRODUCTION

*Panchakarma* (five basic therapeutic procedures in Ayurvedic medicine) therapies hold a prominent place in *Ayurvedic* disease management, with a rich history of efficacy and safety documented over centuries of practice. Among these therapies, *Basti* (medicated enema), is a principal treatment of the *Shodhana* (~purification process), stands out as a critical therapeutic approach for addressing

various ailments, particularly those related to *Vata* imbalances.<sup>[1]</sup> Classical texts delineate two primary types of *Basti*: *Asthapana Basti* and *Anuvasana Basti*,<sup>[2]</sup> distinguished by their respective compositions of decoction and oleaginous substances. The composition of *Niruha Basti* is meticulously chosen to address the accumulation of pathological *Doshas* within the body, aiming to eliminate them effectively.<sup>[3]</sup> *Piccha Basti*, categorized as a subtype of *Asthapana Basti* (therapeutic decoction enema) or *Niruha Basti* (therapeutic decoction enema) within the *Ayurvedic* tradition, comprises a specific formulation featuring a standardized blend of *Madhu* (honey), *Sharkara* (raw sugar), *Ghrita* (clarified butter derived from cow's milk), *Kalka* (a finely prepared paste of plant-based medicinal substances), and

#### Corresponding Author:

Dr. Bhoomika Chaudhary,  
PG Scholar, Department of Panchakarma, National Institute of  
*Ayurveda*, Deemed to be University (*De novo*), Jaipur, Rajasthan, India.  
Email: [bhoomijchaudhary1717@gmail.com](mailto:bhoomijchaudhary1717@gmail.com)

*Kwath* (a herbal decoction).<sup>[4]</sup> The therapeutic focus of *Piccha Basti* is directed toward alleviating compromised gastrointestinal conditions, including *Jirna Atisara* (~chronic diarrhea), *Pravahika* (~dysentery), and *Grahani Dosha* (~irritable bowel syndrome [IBS]).<sup>[5]</sup> A review of the therapeutic potential of *Piccha Basti* is warranted due to the increasing burden of IBD resulting from unhealthy lifestyles and dietary habits. Conventional treatments often carry adverse effects, prompting a search for safer and more effective alternatives. This review aims to elucidate the mechanisms underlying the therapeutic effects of *Piccha Basti*, particularly its anti-inflammatory properties, immunomodulatory effects, intestinal protective mechanisms, and role in maintaining gut microbiotic homeostasis.

## 2. MATERIALS AND METHODS

For this study, an extensive review of classical *Ayurvedic* texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Ashtanga Sangraha*, *Sharangdhar Samhita*, *Chakradatta*, *Yogratnakar*, and *Bhavaprakasha* was conducted. A comprehensive search using keywords “*Basti*” and “*Piccha Basti*” was performed across various databases and journals such as PubMed, *Journal of Ayurveda and Integrative Medicine*, ResearchGate, and Google Scholar that were published until the date April 2024. In addition, each constituent drug of *Piccha Basti* was searched individually in both indexed and non-indexed journals. On identification of relevant articles, a final database was meticulously reviewed, and conclusions were drawn based on critical analysis of the findings.

## 3. RESULTS

Therefore, based on the comprehensive review conducted, it is evident that *Piccha Basti* emerges as a promising modality for the treatment of *Grahani dosha* with special reference to inflammatory bowel disease.

### 3.1. Overview of *Piccha Basti* and Therapeutic Uses

Table 1 explains *Piccha Basti* according to different *Acharyas*.

### 3.2. Method of Preparation

*Piccha Basti*, considered a type of *Niruha Basti* in *Ayurveda*, shares a similar preparation method. However, *Acharya Charaka* provides a distinct method in his *Atisara chikitsa adhyaya* (the chapter management on diarrhea), involving the utilization of *Salmalia malbarica* stems. These stems are encased in *Kusha* (~green grass), bundled, covered with black mud, and dried in the shade. Afterward, the dried bundle undergoes heating in cow dung fire until it reaches a shining red-hot state. Subsequently, it is cooled, broken, and triturated to extract the processed *Salmali* stem. This resultant paste is mixed with boiled milk, *Ghrita*, and a paste of *Madhuka* in appropriate proportions to form the *Basti* formulation.<sup>[6]</sup>

A different preparation method is outlined by *Acharya Sushruta* in *Chikitsa sthan*, which involves boiling *Badar*, *Erawati*, *Shelu*, *Shalmali*, and *Dhanvanankura* with milk, followed by straining and mixing with honey and blood from animals such as *Varah*, *Mahish*, *Aurabhra*, *Krishna Murga*, *Aja*, or *Kukkuta*. Other *Ayurvedic* scholars also adopt these methods for preparing the *Basti*.<sup>[14]</sup>

### 3.3. Properties of the Drugs Used in *Piccha Basti*

The drugs which are used as a substance of *Piccha Basti* by various *Acharyas* described in Table 2.

### 3.4. *Gritha* (Ghee)<sup>[22]</sup>

- *Rasa: Madhura* (sweet)
- *Virya: Sheeta* (cold)
- *Vipaka: Madhura* (sweet)

Its properties are *Agnideepana* (~promotes digestive fire), *Alpabhishtyandi* (~it causes very minimal or no obstruction to the channels), *Chakshushya* (~beneficial for vision), *Medya* (~increases memory power), *Pittanilaharam* (~pacifies vata and pitta), *Kanthivardhaka* (~increases brightness), *Ojovardhakam* (~increases immunity), *Lavana Vardhakam* (~Increases lusture), *Ayurvedakam* (~increases life span), and *Swarsmrithikaram* (~promotes voice and power).

### 3.5. *Dugdha* (Milk)<sup>[23]</sup>

- *Rasa: Madhura* (sweet)
- *Virya: Sheeta* (cold)
- *Vipaka: Madhura* (sweet)

Its properties are *Vata Pitta haram* (~pacifies vata and Pitta), *Sram* (~mobile in nature), *Sadha Sukrakaram* (~promotes semen instantaneously), *Sheetalam* (~cool in nature), *Satmyam sarva Shareeranam* (~suitable to all persons), *Jeevaniyam* (~life promoter), *Brhimanam* (~nutritious), *Vajikaram* (~aphrodisiac), *Vaya Stapanam* (~life stabilizer), *Sandhikaram* (~heals up fractures), *Rasayam* (~tissue vitalizer), and *Dosha Dhatu Mala Srotasaam kinchith kledakaram* (~it enhances mild moisture to *Dosha*, *Dhatu*, *Mala*, and *Srotas*).

### 3.6. *Madhu* (Honey)<sup>[24]</sup>

- *Rasa: Madhura* (sweet)
- *Anurasa: Kashaya*
- *Virya: Sheeta* (cold)
- *Vipaka: Madhura* (sweet).

It has properties such as *Grahi* (~absorbent), *Vilekanam* (~depletory of body fats), *Deepanam* (~appetizer), and *Vranashodanaropanam* (~clears and heals ulcers). It is helpful in treating skin diseases, cough, hemorrhoids, urinary tract disorders, worm infestations, diarrhea, and constipation. Its *Yogavahi* property helps in speeding up the *Basti* action.

The above all *Dravya* having mostly similar properties such as *Madhur*, *Tikta*, *Kashay rasa*, and *Sheetavirya*. This ingredients doing action on body such as *Grahi* (~absorbent), *Snigdha* (~unctuous), *Dipana* (~increase digestive power), *Raktasodhana* (~blood purifying), *Sothagna* (~anti-inflammatory), cure *Shrama* (tiredness), *Trishna* (~thirst), *Daha* (~burning), *Picchila* (~sliminess), *Dahaprashman* (~decrease burning sensation), *Stambhana* (~to block), cure the disease of *Raktapitta* and *Vatapitta*.

### 3.7. Mode of action of *Piccha Basti*

In Figure 1, the mode of action of *Piccha Basti* is elucidated with a focus on the predominant utilization of *Madhur*, *Tikta*, and *Kashay rasa Dravyas*.

## 4. DISCUSSION

*Basti*, administered through the anus route, delivers medicinal liquid directly into the *Pakwashaya* (~colon). In classical texts, the *Pakwashaya* (~colon) is identified as the site primarily affected by *Vatadosha*.<sup>[25]</sup> Therefore, *Basti* primarily acts on *Vatadosha*, followed

by *Pitta* and *Kapha Dosh*,<sup>[26]</sup> ultimately maintaining equilibrium among the three doshas. In addition, the *Virya* (~potency) of the *Basti Dravya* spreads throughout the body, enabling *Basti* to exhibit both local and systemic functions.

The constituents of *Piccha Basti* predominantly possess the tastes of *Madhur* (sweet), *Tikta* (bitter), and *Kashaya*(astringent), along with properties such as *Picchil* (~viscous), *Sangrahi* (~absorbent), *Raktashodhaka* (~hemostatic), *Shonitasthapan* (~blood-staunching), *Vranaropana* (~wound-healing), and *Shothahara* (~anti-inflammatory).

These medicinal qualities collectively facilitate faster healing of the gut. The *Picchil* (~viscous) property provides a protective layering of the damaged mucosal lining in the gut, safeguarding it from chemical irritants and gut secretions. It prevents friction and reduces intestinal irritation. *Sangrahi* (~absorbent) property, attributed to the *Kashayrasa*,<sup>[27]</sup> promotes water absorption in the large intestine, thus maintaining stool consistency and reducing the frequency of loose stools. The *Raktashodhaka* (~hemostatic) and *Shonitasthapan* (~blood-staunching) properties, attributed to *Tiktarasa* and *Sheetvirya*, respectively, pacify vitiated *Raktadosha*, thereby controlling bleeding from wounds. *Vranaropaka* karma, due to the *Kashayrasa*,<sup>[27]</sup> plays a role in ulcer healing and the regeneration of new, healthy cells. *Kashaya rasa* also imparts antibacterial properties and enhances local defense in the intestines. The *Shothahara* property can be likened to an anti-inflammatory effect, further aiding in the healing process.

As per *Ayurvedic* concept to correlate the modern concept, the *Mocharasa* of *Shalmali* is recognized for its rich content of tannic and gallic acids, known for their astringent properties that facilitate the precipitation of proteins. This action is beneficial for the restoration of the damaged epithelial mucosal lining of ulcerated mucosa.<sup>[28]</sup> The methanol extract of *Dalbergia sissoo* stem bark (DSME) induces a significant increase in pH levels while concurrently reducing acid volume and acidity. This restoration of balance is highly favorable for exerting antiulcer effects. DSME potentially offers gastrointestinal protection through various mechanisms including scavenging of free radicals, restoration of enzymatic antioxidants, cryoprotection, and establishment of barriers against non-steroidal anti-inflammatory drugs.<sup>[29]</sup> *Glycyrrhiza glabra* exhibits significant antimicrobial activity, particularly against *Escherichia coli* bacteria, implicated in ulcerative colitis. This effect is attributed to the presence of secondary metabolites, including saponins, alkaloids, and flavonoids. Notably, compounds such as glabridin, glabrol, glabrene, hispaglabridin A, hispaglabridin B, 40-methylglabridin, and 3-hydroxyglabrol, isolated from *G. glabra*, contribute to this activity. The mechanism likely involves the downregulation of bacterial gene expression, inhibition of bacterial growth, and reduction of bacterial toxin production.<sup>[30]</sup> Nrf2, a key regulator, counteracts oxidative stress-induced cellular damage and inflammation by modulating anti-inflammatory cytokine production and inducing antioxidant enzymes. It plays a crucial role in preserving intestinal integrity in ulcerative colitis by translocating to the nucleus on oxidative stress exposure, thereby activating multiple antioxidant genes.<sup>[31]</sup> In *Ficus bengalensis*, various phytochemicals such as phenolic compounds and flavonoids are implicated in its antioxidant properties. Flavonoids additionally exhibit mast cell stabilizing effects. Terpenoids and flavonoids possess anti-inflammatory properties, likely contributing to *F. bengalensis*' anti-inflammatory effects in inflammatory bowel disease.<sup>[32]</sup> The ethanol extract of *Ficus racemosa* has good anti-inflammatory activity demonstrated by inhibition of both cyclooxygenase-1 and 5-lipoxygenase enzymes, attributed to the

presence of a novel glycoside compound called racemosic acid.<sup>[33]</sup> In *Ficus religiosa*, flavonoids exhibit anti-ulcerogenic activity and gastric protection activity.<sup>[34]</sup> *Mimosa pudica* displays antimicrobial activity against *E. coli* associated with ulcerative colitis.<sup>[35]</sup> The crude hydro-alcoholic extract of *Holarrhena antidysenterica* exhibits dual gut stimulant and relaxant properties, likely mediated by histamine receptor activation and calcium channel blockade, respectively. *Holarrhena antidysenterica* inhibits stable toxin production and intestinal secretions, reducing the virulence of enterotoxigenic *E. coli* strains, thus providing protection against various stages of diarrhea.<sup>[36]</sup> The chloroform extract of *Cyperus rotundus* demonstrates direct inhibition of gene expression for proinflammatory cytokines including IL-4, IL-6, IL-12, and IFN- $\gamma$  in colon tissue. The potential mechanism underlying its ameliorating effect is likely attributed to active principles such as natural steroids and terpenoids, either individually or synergistically, exerting antioxidant and anti-inflammatory effects by downregulating proinflammatory cytokines.<sup>[37]</sup> *Cordia dichotoma* exhibits gastroprotective and antiulcer effects, along with anti-inflammatory activity.<sup>[38]</sup>

## 5. CONCLUSION

After evaluating the actions of all its components, it has been determined that *Piccha Basti* exhibits potential in modulating gut microbiota composition, thereby promoting a balanced microbial ecosystem crucial for gastrointestinal health. Through this modulation, *Piccha Basti* may mitigate dysbiosis commonly associated with IBS, thereby aiding in the restoration of intestinal homeostasis. The synergistic combination of ingredients in *Piccha Basti* highlights its efficacy in managing conditions such as *Jirna Atisara* (~chronic diarrhea), *Pravahika* (~dysentery), and *Grahani Dosh* (~IBS), as endorsed by *Ayurvedic Acharyas*.

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None.

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All the authors contributed equally in the design and execution of the article.

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## 9. ETHICAL APPROVALS

This study is not required ethical clearance as it is a review study.

## 10. CONFLICTS OF INTEREST

Nil.

## 11. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

## 12. PUBLISHERS NOTE

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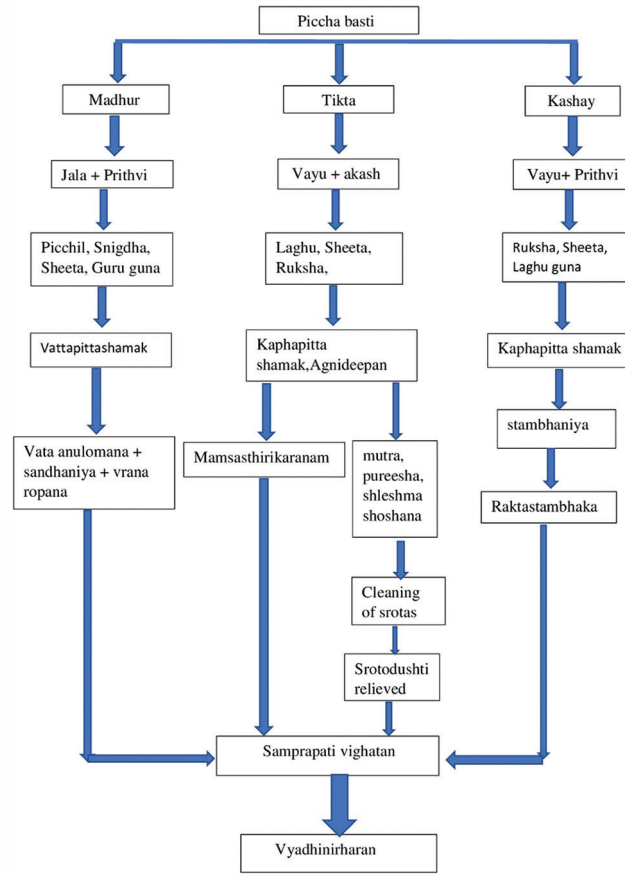
**Table 1:** Piccha Basti according to different Acharyas.

Reference book	Drug used	Disease
<i>Cha. Chi.</i> 19/64-68 <sup>[6]</sup> <i>Su. Uttar.</i> 40/142-143 <sup>[7]</sup> <i>As. Hri. Chi.</i> 9/73-76 <sup>[8]</sup> <i>As. Hri. Chi.</i> 9/95 <sup>[9]</sup> <i>As. San. Chi.</i> 11/21 <sup>[10]</sup>	<i>Shalmalivrint, Yashthimadhu, Ksheer (milk), Ghrita (clarified butter), and Taila (oil), Madhu</i>	<i>Paittika</i> type of diarrhea, fever, edema, <i>gulma</i> (~abdominal lumps), chronic diarrhea, <i>grahani</i> (~digestive disorders), and the acute complications of purgation as well as of <i>Asthapana Basti</i> . Mild or massive bleeding from anus with pain, <i>Vayu Vibanda</i> (~obstruction of <i>Vayu</i> ) <i>Pravahika</i> , (~dysentery) <i>Mootra-Purishsange</i> (~obstruction of urine & stool), <i>Gudpak</i> (inflammation in rectum)
<i>Cha. Chi.</i> 14/225-228 <sup>[11]</sup> <i>As. San. Chi.</i> 10/41 <sup>[12]</sup> <i>As. Hri. Chi.</i> 8/125-128 <sup>[13]</sup>	<i>Yavasa, Kushamoola, Kasamool, Shalmal pushpa, Nyagrodha, Udumbar, and Ashwattha shring</i> for decoction, alongside <i>Mocharasa, Smanga, Chandan, Utpal, Vatsaka beej, Priyangu, and Padmakeshar</i> for paste material, with additional sugar, <i>honey</i> , and <i>ghrita</i> in the <i>Basti</i>	It cures dysentery, prolapsed of rectum, bleeding, and fever.
<i>Su. Chi.</i> 38/85-86 <sup>[14]</sup> <i>Chakradatta/Niruhadhikar/32-34</i> <sup>[15]</sup>	<i>Badar, Nagbala, Shelu, Shalmali, and Dhanvanakur</i> cooked with <i>Ksheer and Madhu</i> , supplemented with blood from various animals such as <i>varah, mahish, aurabha, baidal, aeney, kaukkutam, and aja</i> .	
<i>As. Hri. Chi.</i> 9/118-119 <sup>[16]</sup>	<i>Vacha, Bilva, Pippli, Kushtha, Satahya Saindhav</i> add in <i>piccha basti</i>	Obstruction due to <i>Vatta &amp; Kapha</i> , Secretion of <i>Kapha</i> in <i>Atisara</i> (diarrhea), Pain in <i>Pravahika</i> (~Dysentery)
<i>As. Hri. Chi.</i> 9/96-98 <sup>[17]</sup> <i>Yogratnakar/Atisarchikitsa/84-85</i> <sup>[18]</sup>	Leaves of <i>Shimshapa</i> and <i>Kovidar</i> and <i>yava</i> are boiled in water and add <i>Ghrit, Ksheera</i> .	<i>Picchastrav</i> (~Oily secretion), <i>Gudabhransha</i> (~prolapsed rectum), pain due to <i>Pravahaan</i> (~Dysentery), <i>Kshatkshina</i>
<i>Sha. Uttarakhand.</i> 6/23-24 <sup>[19]</sup>	<i>Badar, Nagbala, Shelu, Shalmali, and Dhanvna, Musta</i> cooked with <i>Ksheer and Madhu</i> , supplemented with blood from various animals such as <i>Aja, Aurabha, and eney</i> . Dose -12 <i>pala</i>	
<i>Yogratnakar/Atisarchikitsa/80-83</i> <sup>[20]</sup>	<i>Shalmalipushpa, Ksheer, Ghrit, Taila, Yashthimadhu, Madhu</i>	Mild or massive bleeding from anus with pain, <i>Vayu Vibanda</i> (~obstruction of <i>vayu</i> ) <i>Pravahika</i> , (~IBS) <i>Mootra-Purishsange</i> (~obstruction of urine & stool)
<i>Bhavaprakasa/Purvakhand/ Panchakarmavidhiprakarna - 5/159,160</i> <sup>[21]</sup>	<i>Badar, eravati, Shelu, Shalmalipushpa, Ankur</i> boiled with <i>Ksheer</i> ; add <i>Madhu, the blood of Aja, Urbhra, Enah</i> Dose – 12Pala	

**Table 2:** Various drugs are used by various acharyas in *Pichha Basti*.

<b>Drug</b>	<b>Botanical name</b>	<b>Family</b>	<b>Rasa</b>	<b>Guna</b>	<b>Virya</b>	<b>Vipaka</b>
<i>Shalmali vrint</i>	<i>Salmalia malabarica</i>	<i>Bombacaceae</i>	<i>Madhura, Kashaya</i>	<i>Laghu, snigdha, picchil</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Shalmali niryasa</i>	<i>Salmalia malabarica</i>	<i>Bombacaceae</i>	<i>Kashaya,</i>	<i>Laghu, snigdha, picchil</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Yashthimadhu</i>	<i>Glycyrrhiza glabra</i>	<i>Leguminaceae</i>	<i>Madhura</i>	<i>Guru, snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Yavasa</i>	<i>Alhagi Camelorum</i>	<i>Leguminaceae</i>	<i>Madhura, Tikta, Kashaya</i>	<i>Laghu</i>		<i>Katu</i>
<i>Kasamool</i>	<i>Saccharum spontaneum</i>	<i>Poaceae</i>	<i>Madhura, kashaya</i>	-	<i>Sheeta</i>	<i>Madhura</i>
<i>Kushamool</i>	<i>Desmostachya bipinnata</i>	<i>Poaceae</i>	<i>Madhura, kashaya</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Shalmali pushpa</i>	<i>Salmalia malabarica</i>	<i>Bombacaceae</i>	<i>Madhura, kashayaa</i>	<i>Laghu, snigdha, picchil</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Nyagrodha</i>	<i>Ficus benghalensis</i>	<i>Moraceae</i>	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Udumbar</i>	<i>Ficus racemosa</i>	<i>Moraceae</i>	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Ashwattha shring</i>	<i>Ficus religiosa</i>	<i>Moraceae</i>	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Smanga</i>	<i>Mimosa pudica</i>	<i>Leguminosae</i>	<i>Kashya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Chandan</i>	<i>Santalum album</i>	<i>Santalaceae</i>	<i>Tikta, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Utpal</i>	<i>Nymphaea rubra</i>	<i>Nymphaeaceae</i>	<i>Madhura, Kashaya, Tikta</i>	<i>Laghu, Snigdha, Picchila</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Vatsaka beej</i>	<i>Holarrhena antidysenterica</i>	<i>Apocynaceae</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Priyangu</i>	<i>Callicarpa Macrophylla</i>	<i>Verbenaceae</i>	<i>Tikta, Kashaya, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	-
<i>Padmakeshar</i>	<i>Prunus Puddum</i>	<i>Rosaceae</i>	<i>Kashya, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	-
<i>Badar</i>	<i>Ziziphus sativa</i>	<i>Rhamnaceae</i>	<i>Madhura</i>	<i>Snigdha, Guru</i>	<i>Sheeta</i>	-
<i>Nagbala</i>	<i>Sida veronicaefolia</i>	<i>Malvaceae</i>	<i>Madhura amla, kashaya</i>	<i>Guru</i>	<i>Ushna</i>	-
<i>Shelu</i>	<i>Cordia dichotoma</i>	<i>Boraginaceae</i>	<i>Kashaya, Tikta-Bark Madhura - fruit</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Dhanvanakur</i>	<i>Grewia tiliaefolia</i>	<i>Tiliaceae</i>	<i>Madhura, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Madhura</i>	<i>Ushna</i>
<i>Shimshapa</i>	<i>Dalbergia sissoo</i>	<i>Fabaceae</i>	<i>Kashaya, Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Kovidar</i>	<i>Bauhinia variegata</i>	<i>Caesalpiniaceae</i>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Musta</i>	<i>Cyperus rotundus L.</i>	<i>Cyperaceae</i>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Gritha</i>		-	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Dugdha</i>		-	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>
<i>Honey</i>		-	<i>Madhura, Kashaya</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>

**3.4.Mode of action of Piccha basti:**



**Figure 1:** Mode of action of *Piccha basti*