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## Standardisation of Uttarabasti Pramana for Females

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### Abstract:

Ayurveda is firm in treating Garbhashayajanya vikaras. In samhitas it is clearly explained that “to treat Garbhashayajanya vikara Uttarabasti play an important role”. Almost all practitioners are practicing Uttarabasti, but they are not satisfied because of not knowing proper dosage or not practicing up to the mark. We tried our level best to standardize the dosage of uttarabasti by measuring ardhanjali of 100 healthy females. By using statistical data's we tried to establish the standard dosage.

**Keywords:** Ayurveda, Uttarabasti, enema given through Uttaramarga(intrauterine), Anjali Pramana, handful amount

### 1. Introduction

To fulfill the desire of motherhood every lady wants a healthy child to extend their family. In modern era everybody not having time to take medicine or not even following proper dietics to maintain their normal health. In ayurveda there is way to approach to cure the Garbhashayajanya vikara by Uttarabasti or by oral medications. By giving intrauterine Uttarabasti we can take over the sthanagata janya vikara. But to give the Uttarabasti one should give the proper dosage to give the good result. Mana paribhasha is a basic thing to be known by every physician. Mana is always essential starting from selection of drug to administration of medicines.

Many a times the ideas are mimicked or copied without understanding the concepts. We are simply doing Anukarane (to follow) but we lacking to do Anveshanayukta Anukarane (following with scientific approach). Keeping this in mind, an attempt has been made to fix the dosage by taking the help of 100 healthy females Ardhanjali Pramana. The following table shows the list of the details obtained from the 100 female subjects for the study.

- Ardhanjali Pramana (Table-02) Mean & Standard deviation

	Mean	SD	Min – Max
In Water	10.29	2.97	4 – 17
Ghirta	10.63	2.98	5 -18
Thaila	12.16	3.28	5 - 21

The above table statistically shows that the efficient amount (ml) of water to be taken for uttarabasti is 10.29 with deviations of 2.97 across the 100 subjects. Similarly, in the case of ghirta, it was found to be 10.63 ml and in thaila, 12.16 ml.

### 2. Discussion

- Sneha Pramana for Uttara Basti

Charaka	Sushruta	Vagbhata	Sharangdhara/ Vangasena
½ pala	1 prasruta	1 prakuncha ( stree)	1 pala( yoni )
	2 prasruta ( shodhana )	1 shukti ( bala )	2 karsha ( mootramarga )

One Prakuncha = One Pala = 4 Tola(48gms)

This is the quantity of sneha to be used for a healthy person above age 25yrs. For below age 25yrs adjust the dose accordingly (As Hr Su19/73).

Sneha pramana in females 1Prastha (Anjali)(Su Chi 19/73). This is for Uttama Bala rogi, for madhyama & avara satva person fix the dose accordingly.

For garbhashaya shodhana, the quantity is that of sneha pramana is 2 prastha,.(Dalhana on Su Chi 37/106).

Acharya Charaka stated that sneha pramana should be Ardha Pala(Cha Si 9/52).

Anjali is a pullinga used for mana ( chakrapani 12/93)

4pala= Anjali, Kudava is a synonym used, 2 Prasruti = 1kudava ( dal on su chi 29/90)

2 pala = 1 prasruti, 2 prasruti =1 kudava ( anjali) ( RRS 99/8)

1 Anjali means both the hands together ( Su ut 37/95)

Ref : AY shabda kosha

The volume of uterus is about 3-8ml. But the dose for Uttarabasti mentioned in classics is 2pala (96ml) (Su Chi 38/116).This high amount is to maintain the pressure gradient and is required for drug absorption. This is elicited from the studies of J. Osseon et.al (2002) who reported that intrauterine irrigating fluid absorption depends on pressure gradient of application through an intact uterus (www.blackwellpublishing.com). Prior to administration of dravya also creates an osmotic pressure gradient which helps in absorption.

So to know the actual dose mentioned in Ayurvedic literature for uttarabasti and the actual dose of ardhanjali pramana 100 volunteers were enrolled & the ardhanjali measurement was done with 3 liquids water, oil & ghee. Statistical analysis of the same was done, based on the same the Uttarabasti dose fixed for 10ml and administered as standard one which works on the basis of osmotic pressure gradient.

### 3. Conclusion

In the present study participants were between the age group of 19 to 40, majority being 20 to 24.The statistical dosage (mean) is 10.63ml.So it is fixed to 10 ml for practical administration and performed without any complications successfully. It is also advisable to try this with the anjali pramana of the patient individually while administering the uttarabasti.

### 4. References

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