



Review Article

A CRITICAL REVIEW ON CHOORNA VASTHI

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ABSTRACT

Sodhana chikitsa is an important treatment modality in Ayurveda in which the disease causing morbid *Doshas* are eliminated through nearest route. *Vamana*, *Virechana*, *Nasya*, *Vasthi* are the important bio purification measures. Once *Doshas* are eliminated through *Sodhana* procedures, it will never produce disease again. Among these *Vasthi* is considered as important one and known as *Ardha chikitsa*. *Vasthi* can be given in various forms according to the condition of disease and patient. By changing the additive drugs and their proportion we can change the effect of *Vasthi* in our body for the concerned disease different type of *Vasthi* are mentioned in *Brihatrayis* based on disease and *Dosha* state. *Choorna vasthi* also known as *Ruksha vasthi* is a type of *Niruhavasthi* mentioned in *Chakrapani teeka* and is widely practiced nowadays in different clinical scenarios. But there is no direct reference about this *Vasthi* available in *Brihatrayis*. This article is to provide an insight on *Choorna vasthi* used in different conditions by analysing different studies done with it.

INTRODUCTION

Panchakarma play a vital role in Ayurvedic therapeutics and as such they occupy an important place in Ayurvedic medicine. *Charaka samhita* begins with the first *Chatushaka* on *Bheshaja* which is mostly and primarily devoted to the drugs used in *Panchakarma*. These five *Karmas* are *Vamana* (emesis), *Virechana* (purgation), *Niruha* (non unctuous enema), *Anuvasana* (unctuous enema) and *Nasya* (errhine therapy). *Chakrapani* further commented that, the word '*Karma*' denotes extensive management and pronounced potency for elimination of impurities. Thus, classical *Panchakarma* is the comprehensive method of internal purification of the body by emesis, purgation, enema and errhine therapy.

Vasthi karma is included under five fold *Panchakarma* therapy in which the medicines are introduced to the colon through rectal route. *Vasthi* is mainly classified into *Niruha vasthi*, *Anuvasana vasthi* and *Uttara vasthi*.^[1]

Niruha vasthi can again be divided into different types depending upon the *Karmas* it performs in the body. *Vasthi* is always useful in diseases caused by *Vata*, *Pitta*, *Kapha* and *Rakta* and in *Samsarga sannipata* conditions.^[2] Another notable advantage of *vasthi* is its quick action to produce the desired effects like *Shodhana* or *Tarpana* without causing any adverse effects.^[3] Acharya Charaka cited that *Vasthi* introduced in the colon acts upon the whole body and on every system. It draws out the impurities by its potency like sun evaporates the liquid from the earth by its heat.^[4]

Choorna basthi can be considered as the type of *Niruha vasthi*. Acharya *Chakrapani* mentions *Choorna basti* comprising of *Saindhava Lavana*, *Sneha*, *Choornas* (*Rasna*, *Vacha*, *Bilwa*, *Shatapushpa*, *Ela*, *Putika*, *Madanaphala*, *Pippali*, *Devadaru*, *Kushta*), *Ushnajala* and *Amladravya* as the key ingredients.^[5] The only direct reference about this *Vasthi* available is in *Chakrapani teeka* of *Charaka Samhitha*.

The main purpose of *Choorna vasthi* in our body is to create *Rukshata*. So this *Churna vasthi* is also called as *Ruksha vasthi*. *Vasthi* like *Kledahara vasthi*, *Grahanihara vasthi*, *Takravasthi* etc., will produce *Rukshata* in our body. But apart from this *Yogas*, *Vasthi* with *Choornas* and *Kashaya* and *Saindava* (if needed) mixed and given in different disease conditions mainly in the *Ama* stage helps to produce *Amapachana* and *Deepana* effect in body. This effect can easily be achieved in the body when compared to the oral

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administration. *Choornas* taken for this type of *Vasthi* are mainly *Deepana pachana* in nature. If the *Churnas* containing *Saindava* as the ingredient are taken then no need to add it further. *Drava dravya* used for this *Choorna vasthi* is taken depending upon the disease condition. *Kashayas, Dhanyamla* etc., are taken as *Drava dravya* for this type of *Vasthi*.

MATERIALS AND METHODS

This study endeavours the critical analysis of *Choorna vasthi* that are under research works. There is no direct reference of *Choorna vasthi* available in classics. So this study was mainly done by compiling different articles and thesis works done on the topic *Choorna vasthi*. Data was collected and analysed to understand the conditions in which this *Vasthi* was administered and the drugs used with their probable effect in the disease. The effect of *Vasthi* on various parameters was also analysed. Books and other online materials were also considered.

Review of Literature

Etymology of *Vasthi*

The word *Vasthi* is derived from the root *vas* by adding *Tich pratyaya*

- *Vasu nivase* means to reside, to stay, to dwell.
- *Vasu aachadane* means to cover

Vasthi indicates the procedure in which the drugs are administered through the anal canal and it is retained for certain period of time, drag the waste materials from all over the body into the colon and eliminates them out of the body resulting in the desired effect.

Definition of *Vasthi*

- *Vastheena deeyathe iti vasthi*
- *Vasthikarmam tu mutradharaputakena sadhyam karmam*

The procedure in which medicine is administered by *Vasthi* (bladder).

Different *Vasthi's* that are taken for evaluation

Table 1: Different Type of *Choorna Vasthi* That are Taken for Evaluation

No	<i>Churna Vasthi yoga</i>	Disease condition
1	<i>Sudarsana churna</i> decoction and <i>Vaiswanara churnam</i>	In acute stage of RA
2	<i>Dhanyamlam</i> and <i>Vaiswanara churna vasthi</i>	Pain and swelling in RA
3	<i>Guluchaydi kasayam</i> and <i>Vaiswanara churnam vasthi</i>	Increased serum Creatinine and serum Urea level
4	<i>Rasnadi churna vasthi</i>	<i>Amavata</i>
5	<i>Vaiswanara churna, Dhanyamla</i> and <i>Rasnasapthaka kasaya</i>	<i>Amavata</i>
6	<i>Amruthadi Ruksha Vasthi</i>	Acute stage of RA

Table 2: *Dhanyamla Vaiswanara Vasthi*

No	Medicines	Quantity	Days administered
1	<i>Dhanyamlam</i>	300ml	7 consecutive days
2	<i>Vaiswanara churnam</i>	30gm	

- *Vastheena deeyathe vasthim va poorvam anvetyato vasthihi*

The procedure in which the medicine is given by *Vasthi* or the procedure in which the medicine first reaches the *Vasthi* region.

Rukshana

Churna vasthi otherwise can be called as *Ruksha vasthi* popularly known among physicians in the Ayurvedic community. In a focus group discussion conducted in association with the study of *Amruthadi rukshavasthi* by Dr.Vijaya, 90% physicians opinioned that *Choorna vasthi* can be called as *Ruksha vasthi*.

Yasya Soshane sakthi: Sa rooksha

The *Guna* which depletes the body elements is called as the *Rooksha*, the *Karma* which produces this effect is called as *Rookshanam*. According to Bhavaprakasha, *Rooksha guna* is *Vatakara* and *Kaphahara*. According to Susrtha, *Rooksha* is *Stambhana* and *Khara*. So *Ruksha* is *Vayu bhuta* dominant *Guna*. The term *Langana* and *Rookshana* are used in similar meaning while differentiating these two terms Chakrapani said that the *Langana* effect can be produced without using a *Dravya* while *Rookshana* is produced through usage of *Dravya*, exceptions can be seen. It is also said that *Rookshana* is *Abhava* of *Sneha* and *Langana* is *Abhava* of *Gourava*.

Rookshana can be done internally and externally. The internal *Rookshana prayoga* is explained in *Snehavyapath* and Acharya specifically mention group of people who should undergo *Rookshana* before starting the *Snehapana*. The *Rookshana* effect that is produced in the body by oral intake of medicines in so many days can be achieved in faster way through administration of *Vasthi* in short days. So this *Choorna vasthi* using drugs they are mainly *Deepana pachana ushna veerya* and hence produces *Rookshata* in the body thus this *Vasthi* can be called as *Rooksha vasthi*.

“Evaluation of *Dhanyamla vaiswanara vasthi* in reducing pain and swelling of the joints in Rheumatoid Arthritis” is a clinical trial conducted for the evaluation of *Dhanyamla vaiswanara vasthi* in reducing pain and swelling of the joints in Rheumatoid arthritis. The study design was interventional study- pre and post test without control group and the sample size was 30.

Table 3: Amruthadi Ruksha Vasthi

No	Medicines	Quantity	Days administered
1	<i>Amruthadi Kashyam</i>	300ml	7 consecutive days
2	<i>Shaddarana Churnam</i>	30gm	

“Clinical trial to evaluate the efficacy of *Amruthadi Rukshavasthi* in reducing signs and symptoms of Rheumatoid Arthritis” is a clinical trial to find out the effect of *Vasthi* in the inflammatory phase of Rheumatoid Arthritis. Due to unavailability of references regarding the *Churna* a focus group discussion was conducted related to this work. That enlightened various aspects of *Ruksha vasthi* and its literature basis.

Table 4: Rasnadi Churna Vasthi

No	Ingredients	Quantity	Days administered
1	<i>Saindava lavanam</i>	6gm	7 consecutive days
2	<i>Eranda tailam</i>	75 ml	
3	<i>Rasnadi churnam</i>	50gm	
4	<i>Chincha paste</i>	75ml	
5	<i>Ushna jala</i>	250ml	

“Effect of *Rasnadi choorna vasthi* in the management of *Amavata* in clinical correlation with Rheumatoid arthritis- a case study” this study planned to evaluate the efficacy of *Choorna vasthi* in the management of *Amavata*. Acharya Chakrapani mentions *Choorna vasthi* comprising of *Saindhava Lavana, Sneha, Churnas (Rasna, Vacha, Bilwa, Shatapushpa, Ela, Putika, Madanaphala, Pippali, Devadaru, Kushta), Ushnajala* and *Amladravya* as the key ingredients were taken as medicines for this *Vasthi*.

Table 5: Rasna Sapthaka Vaiswanara Churna Vasthi

No	Ingredients	Quantity	Days administered
1	<i>Vaiswanara churnam</i>	50gm	9 days (modified <i>Kalavasthi</i> schedule)
2	<i>Rasna sapthakam kashayam</i>	200ml	
3	<i>Dhanyamlam</i>	100ml	

“Clinical study on *Churna basthi* administered in modified *Kalavasthi* schedule in *Amavata*” in this study a combination of *Vaishwanara choorna, Rasna Saptaka Kashaya* and *Dhanyamla* administered in *Amavata*. All subjects were administered with 350ml of *Churna Basti* and *Anuvasana Basti* with 80ml of *Brihat Saindavadi Taila* in modified *Kala Basti* Schedule.

Table 6: Sudarsana Kashya Vaiswanara Churna Vasthi

No	Ingredients	Quantity	Days administered
1	<i>Saindavam</i>	5gm	7 consecutive days
2	<i>Vaiswanara churnam</i>	30gm	
3	<i>Sudarsanam Kashyam</i>	300ml	

“Clinical study to assess the effectiveness of *Vasthi* with *Sudarshana Kashaya* and *Vaiswanara churna* in active inflammatory phase of Rheumatoid arthritis” a total of 30 patients were included in the study and given *Vasthi* continuously for 7 days. The content of *Vasthi* was *Sudarshana Kshaya-300ml, Vaiswanra churna-30gm* and *Saindava churnam 5gm*.

Table 7: Guduchyadi Kashaya Vaiswanara Churna Vasthi

No	Medicines	Quantity	Days administered
1	<i>Guluchaydi Kashyam</i>	300ml	5 consecutive days
2	<i>Vaiswanara Churnam</i>	30gm	

“The efficacy of *Vasthi* with a combination of *Guduchayadi kashyam* and *Vaiswanara churnam* on serum creatinine and serum urea in chronic kidney disease” in this study the combination of medicine *Guluchyadi kashyam* 300ml and 5 gm *Vaiswnara churnam* had given to total of 15 patients.

DISCUSSION

While analysing the clinical conditions that are indicated for *Choorna vasthi* most of the studies deal with rheumatoid arthritis and its inflammatory phase. *Vatasonitha* and *Amavata* are the diseases correlated with the rheumatoid arthritis condition. The correlation of rheumatoid arthritis with Ayurveda diagnosis is still in the discussion phase. Because initial *Ama* or inflammatory condition is present in all type of *Vatasonitha* condition yet it is a *Vata*, *Rakta* vitiated condition. So the initial management of both the disease condition will be the same. Another indication seen in this analysis is application of *Choorna vasthi* in chronic kidney disease. In a focus group discussion related to one study concluded that *Choorna vasthi* can also be administered in the *Ama* stage or inflammatory phase of all clinical condition besides that it can be done in stroke condition immediately after stabilising, obesity and HIV conditions. Another study on different *Vasthi* formulation in low back ache conducted in VSPV Ayurved College, reported that *Amruthotharam kashyam*, *Ganadharva hastyadi kashyam* along with *Vaiswanara churnam* can be administered in patients with low back ache. No direct reference available for *Ruksha vasthi* in low back pain condition but adopting treatment principles of *Amavata* and *Pakwasaya gata vata* if the *Dosa* are lodged in *Pakwasaya* they should be eliminated through *Vasthi* and hence *Vasthi* has got role in such condition.

Dhanyamla vaiswanara vasthi is administered in the pain and swelling condition of Rheumatoid arthritis condition. *Dhanyamlam* by its *Ushna*, *Tikshna* and *Vyavayi* property is capable of penetrating the *Sukshma srotas*, does *Sroto shodhana* and helps in the spreading of active principles of *Dhanyamlam* and *Vaiswanara choorna* at *Dhatu* level. Thus *Dhanyamlam* acts as a vehicle to carry the *Vaiswanara choorna* having *Deepana*, *Pachana* properties through the *Sukshma srotas*. This facilitates *Ama pachana* at *Dhatu* level, relieves *Dhatwagni mandya* and enhances the *Dhatwagni*. Thus the primary *Samprapthi vighatana* of the *Roga* is initiated. By the synergetic action of *Dhanyamla* and *Vaiswanara choorna* having similar *Virya*, the *Vasthi* becomes more powerful and produces quicker results. As *Ama pachana* occurs, the inflammation starts to reduce. As a result, pain, swelling, tenderness and warmth of the joints and constitutional features like feeling of cold, lack of interest, fatigue and heaviness of body starts to reduce. The appetite of the patient increases due to *Agni*

and constipation is also relieved due to *Vata anuloma*. On analyzing the properties of the individual drugs, we can see that *Yavani* and *Ajamoda* are having *Soolaprasamana* property and *Haritaki* possess *Vedanasthapana karma*. *Sunti* and *Haritaki* are having *Shothahara* property and the drugs of *Dhanyamla* especially *Thandula*, *Kulatha*, *Kangu* and *Kodrava* are having *Mutrala* property. This may also potentiate the *Vasthi* in reducing the pain and swelling of joints.

Amruthadi ruksha vasthi indicated in the active inflammatory phase of Rheumatoid arthritis, and in inflammatory condition of *Vatasonitha*, as there is presence of *Ama*. Generalized weakness, heaviness of body, dyspepsia, oedema etc., shows the presence of *Ama*. The treatment aimed should do *Dosha samana* and *Deepana pachana*. *Hareethaki* has an active ingredient anthroquinone glycoside. The peculiar character of this ingredient is that it can be directly absorbed through gastro intestinal tract. The action of the anthroquinone is restricted to the large bowel. Hence their effect is delayed up to 6 hours or longer, if taken orally. It has been suggested that the common anthroquinone derivatives influence the ion transport across the colon cells by inhibition of chloride channels, it acts quicker if given through anal route. *Hareethaki* also have the *Vathahara* property. The *Anulomana* nature is effective in this disease condition. *Nagara* and *Chithraka* have effect in *Annavahasrothas*. *Guduchi* and *Kutaja* acts on *Pureeshavaha srothas*, *Chithraka* and *Nagara* stimulate *Agni* also. *Deepana pachana* effect of the drugs has the practical utility in management of the condition of *Ama*. *Guduchi* is said to be the best drug for *Samshamana* in *Vatharaktha*. Moreover, all these drugs are water soluble. Water soluble drugs are easily absorbed by large intestine. All these drugs are anti inflammatory too. *Pakwasaya* is the place of *Vata*. So there is fast effect by the action of drugs directly on *Pakwasaya*.

In single case study of the effect of *Rasnadi churna vasthi* in the management of *Amavata*, the patient was given *Udwarthana* followed by *Sarvanga bashpa sweda* prior to the administration of *Vasthi*. The *Chikitsa* explained for *Amavata* includes *Shodhana* as well as *Shamana* which includes *Langhana*, *Deepana*, *Swedana*, *Virechana*, *Snehapana* and *Vasthi*. In *Amavata*, *Dosha's* are deep rooted in *Sandhis* and affects the whole body. In order to remove deep rooted *Doshas*, *Vasti* was selected for *Shodana*. In *Choorna Basti Usnajala* was mentioned in the place of *Kwatha* as *Jala* is the source of *Rasa* and it is the medium to reach the *Dhatu*s. *Usnajala* has the property of *Vata-Kapha Hara*, *Deepaniya* and *Vasti Shodhana*. *Chincha* was used as *Avapa* and it is also *Vata-Kapha Hara* in nature. *Eranda Taila* is used as *Sneha* in the *Basti* due to its *Vata-Kapha Hara* property and is indicated in *Moodha*

Vata condition. Due to all these qualities, *Churna Basti* is extremely beneficial in the *Amavata*.

Vaishwanara churna consists of *Saindava*, *Yavani*, *Ajamoda*, *Nagara* and *Haritaki*. *Rasna Saptaka kashaya* comprises of *Rasna*, *Guduchi*, *Aragwadha*, *Devadaru*, *Gokshura*, *Erandamoola*, *Punarnava*. Both these combinations have *Vata-kaphahara*, *Deepaniya*, *Sothahara* and *Amahara* properties. In this study, *Dhanyamla* is used as *Amladravya* and for *Avapa* which is having *Amahara* and *Vatahara* property. *Brihat Saindavadi Taila* is used for *Anuvasana Basti*. The base of this *Taila* is *Eranda Taila* and is mainly *Vata Kapha Samaka*. The *Eranda Taila* is medicated by different drugs which are also of *Usna Virya*, *Agnidipana* and *Vatakapha Samaka*. Thus, for *Anuvasanabasti* in the *Amavata* patients, the *Eranda Taila* seems to be best and so this preparation of *Eranda Taila* i.e., *Brihatsaindhavadi Taila* was selected. The contents of *Brihat Saindavadi Taila* are *Saindava Lavana*, *Gaja Pippali*, *Rasna*, *Shatapushpa*, *Sarja Kshara*, *Marica*, *Kusta*, *Shunti*, *Souvarchala Lavana*, *Vida Lavana*, *Vacha*, *Ajamoda*, *Madhuka*, *Jeeraka*, *Pushkara Moola*, and *Kana*. *Basti* administered with *Ushna* and *Teeksna* properties may aggravate the *Vata*. To pacify the aggravation of *Vata*, *Anuvasana basti* with *Brihat Saindavadi taila* is given in modified *Kala Basti* Schedule as *Amavata* is a *Gambheera dhatugata vyadhi*. According to authorities, after giving *Niruha Basti* in the morning, on the same day *Anuvasana Basti* can be given.

Guduchyadi kashyam and *Vaiswanara churnam* in CKD (Chronic Kidney Disease) has marked result in reducing the serum creatinine and urea after *Vasthi* administration and follow-up period. *Guduchyadi kashyam* is *Kaphapittahara*, there by *Rakthaprasadana*. *Rakthadushti* had mainly taken because of *Kapha* and *Pitta* vitiation and urine is the ultra-filtrate of blood. All *Kaphapittahara* drugs are *kledahara*. *Kleda* is the main pathology involved in this disease. It is presented as the *Malarupavridhi* of *Dhathus* resulting in loss of integrity of *Apyadhathus* like *Rasa*, *Raktha*, *Mamsa* and *Medas*. So, *Guduchyadi kashyam* which is *Kaphapittahara* and *Kledahara* improves *Dhathushirathwam* and *Dhathwagnivridhi*. Some symptoms of CKD like *Chardi*, loss of appetite are also mentioned in the indication of *Guduchyadi kashyam*. *Vaiswanara choornam* which is best among *Agnivardhanadravya*, corrects the *Dhatwagnimandyam* there by prevent the formation of *Dhathugathaama* and produce *Anulomanam*. *Hareethaki choornam* comprises 50% of *Vaiswanara choornam*. It has an active ingredient *chebulin* an anthroquinone glycoside. *Chebulin* is considered to be the purgative principle in *Terminalia chebula* and it can be directly absorbed through the gastro intestinal tract. The action of the anthroquinone is restricted to the large bowel. It has been suggested that the common anthroquinone

derivatives influence the ion transport across the colon cells by inhibition of its channels. The *Anulomana* nature is effective in this disease condition. *Vasthi* helps to correct the *Apanavathavaigunyam*, which is prominent in this disease. *Vasthi* is indicated for the *Sodhana* of *Pakvasayagata pitta* and *Kapha*. Here the disease is with *Pakvasaya* as *Adhishtana* and *Pitta kapha doshadushti*. So, this *Vasthi* expels the vitiated *Pittakapha*, and normalizes the movement of *Vata*.

Sudharshanm kashyam and *Vaiswanara churnam*, *Churna vasthi* is used in the active inflammatory phase of Rheumatoid arthritis. By the virtue of properties of drugs used in *Vasti*, first it causes *Jataragni deepana*, *Koshtagata amapachana* and *Srotosodhana*. *Jataragni* is the chief among three types of *Agni* because proper functioning of *Bhutagni* and *Dhatwagni* controlled by *Jataragni*. If *Jataragni* is strong *Dhatwagni* also become stronger. As *Jataragni* get corrected *Dhatwagni* also gets corrected automatically. This facilitates *Amapachana* at *Dhatu* level, relieves *Dhatwagni mandya* and enhances *Dhatwagni* and *Samprapthi vighatana* of disease get started. *Srotosodhana* actions of *Vasti* remove *Margavarodha* of *Vyana vayu* facilitate proper circulation throughout the body. As *Amapachana* occur at *Koshta* and *Dhatu* level and *Dhatupaka* reduces and inflammation starts to subside. Thus results in reduction of signs and symptoms of active inflammatory phase of rheumatoid arthritis.

CONCLUSION

- *Rooksha vasthi* can be administered in inflammatory phase of the disease, as it produces *Deepana pachana* effect in the body faster than the oral administration of medicine.
- Local *Snehana* procedure is not necessary prior to *Rookshana vasthi* administration, *Swedana* only needed.
- In most of the studies the amount of *Vasthi dravya* is taken as *Padaheena* (300ml) and the *Churna* 30gm.
- Addition of *Taila*, honey not necessary in this *Churna vasthi*, if *Churna* contain *Saindava* as ingredient then no need to add further *Saindava*.
- Most of the studies done in inflammatory phase of Rheumatoid arthritis and the *Churnas* and *Kashyas* can be changed depending upon the condition of the patient and disease.
- Besides the above said practices *Amruthotharam* with *Vaiswanara churnam*, *Gandharvahasthadi kashyam* with *Vaiswanara churnam*, *Kalayanakam kashyam* with *Vilwadi gulika*, *Rasndi churna* in hot water these combinations are also practicing widely.
- Without using any *Kashaya churnas ushnodakam* alone gives adequate *Rukshatha* effect in body.

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