

Standard Operating Procedure (SOP) of Male Uttar Basti

Dr. Pramod¹, Dr. Madhava Diggavi²

¹Final Year Post Graduate Scholar, Department of PG Studies in Kayachikitsa,

²Professor and HOD, Department of PG Studies in Kayachikitsa,

^{1,2}Taranath Government Ayurvedic Medical College and Hospital Bellary, Karnataka, India

ABSTRACT

Male Uttar basti, which has been well highlighted in the classics, is indicated in the management of various Urological, and Andrological conditions. It is a procedure by which medicaments are introduced into intra vesicle, Intra uterine route by specialized techniques to achieve a desired therapeutic effect, and can be successfully practiced under all precautions. The Ancient Acharya's had developed parameters for procedures according to their era, so it is the need of the hour to establish the procedure parameters suitable for the modern era without compromising the principles. Thus, in this article, an effort has been made to focus on certain easy and SOP in performing male Uttar Basti and also serve as a benefit for the clinicians.

How to cite this paper: Dr. Pramod | Dr. Madhava Diggavi "Standard Operating Procedure (SOP) of Male Uttar Basti" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-5, August 2022, pp.846-850, URL: www.ijtsrd.com/papers/ijtsrd50577.pdf



KEYWORDS: Male Uttar basti, Urological, Andrological

Copyright © 2022 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



INTRODUCTION

The term *Uttar basti* is composed of two words *Uttar* and *Basti*. According to the noun, ut+tara the prefix 'ut' signifies the superior status of *Uttar basti*. The 'tara' suffix is used to denote comparatively a better status. The Basti which is given through *Uttarmarga* or *Utkrishta Ayayava* or a therapeutic procedure having *Shreshta* properties is termed *Uttar basti*.¹ Acharya *Vagbhata* says that one which is administered after the *niruha basti* procedure is known as *Uttar basti*.² *Uttar basti* is a procedure by which medicaments are introduced into the genital or urinary tract by specialized techniques for therapeutic purposes. Even though a good number of indications and contraindications are explained in ayurvedic texts most of them are not in present practice. The method of administration time, dose, duration etc. all are not in accordance with the descriptions of classics, but a wide range of variations in practice can be seen from person to person now a days. Even though, several changes against this procedure as, rudimentary techniques, it needs a unified standard protocol as it is the millennium of standardization. Prior to *Uttar basti* Acharya *Vagbhata* and *Vangasena* indicated that 2/3

Aasthapana Basti should be given in order to purify the *Malamarga*.³

Acharya *Charaka* has indicated that prior to the administration of *Uttarbasti*, the patient should take bath, take food mixed with *Mamsarasa* (meat juice) or *Ksheera* (milk) and should have voided his faeces and urine.⁴

According to Acharya *Sushruta*, on the day of *Uttar Basti*, *Shanika Abhyanga* and *Swedana* (localized massage and sudation) are to be done over the abdomen, thighs and groins, and take *Yavagu* added with *Ghrita* and *Sukoshna dugda* should be given before the administration of *Uttar Basti*.⁵

INDICATIONS OF MALE UTTAR BASTI:^{6,7,8}

- *Shukradushti* (Sperm disorders)
- *Mutraghata, Mutravarodha* (Retention of urine)
- *Mutradosha, mutrakrichra* (Difficulty in micturition)
- *Shukrotseka* (Discharge of semen)
- *Shukraashmari* (Seminal vesical calculi)
- *Basti, Vankshana, Meha shula* (Pain in the bladder, groin, phallus)

- *Bindum bindum sravati* (Dribbling of urine)
- Urinary incontinence
- Prostate enlargement
- Cystitis
- Neurogenic Bladder
- Urethral stricture
- Male infertility

CONTRAINDICATIONS OF MALE UTTAR BASTI:

- Phimosi
- Bleeding disorder
- Carcinoma of bladder
- Carcinoma of penis
- Hypo/epispadias

Precautions:

- All the instruments including medicine should be autoclaved to avoid infections.
- The medicine is checked for lukewarm temperature before administration.
- The catheter should not be forcefully inserted in case of obstruction is met.
- Retention time varies from person to person.
- Before the procedure, the patient should void the urine.
- Before the procedure, the part should be prepared to avoid infections.

MATERIALS AND METHODS:

Literary sources like classical textbooks of Ayurveda, clinical trials and clinical experience of treating cases.

Equipment's required:

- Surgical gloves
- Sponge holding forceps
- Cotton swabs
- Betadine
- Green cloth with a central hole
- Steel bowl of 50 ml capacity
- Disposal syringe of 50ml capacity
- Disposable rubber catheter No 6
- Kidney tray
- Autoclave machine
- Autoclave bin
- Glass bottle
- Medicine: *Taila, Ghrita, Kashaya, Ksheerapaka* according to the condition.

Infrastructure:

- The procedure should be done in an operation theatre.
- All the materials used for Uttar basti must be sterile.
- Separate doctor and patient changing rooms should be present.
- Scrub station should be present. For sterile hand wash

- Well-equipped equipment's with OT lights.
- Avoid air contamination.
- Room temperature, Humidity and Ventilation should be maintained.
- The windows should be sealed. The room should be fumigated before the procedure.
- Sterile preparation area, Sterile bins storage, Sterile instruments tray storage and preparation of Uttar basti sets.
- One OT nurse and three Doctors are required for Male Uttar Basti procedure.
- The OT nurse carries out activities to maintain a sterile environment and to ensure the sterility of needed equipment and medicine.
- One doctor required for monitoring the Vitals such as Pulse rate, Blood pressure, Oxygen saturation and Temperature during the whole Uttar Basti procedure.
- Two doctors will carry the Uttar Basti procedure.

PROCEDURE:

Though a very simple procedure, it requires careful administration and patient compliance. The entire procedure can be divided into three parts

- A. Purva karma (pre-operative procedure)
- B. Pradhana karma (operative procedure)
- C. Paschat karma (post-operative procedure)

A. PURVA KARMA (pre-operative procedure):

A complete examination of the male genitals including inspection of skin and hair and palpation of inguinal nodes, scrotal contents, and penis.

Penis:

Inspection:

1. Inspect the skin, prepuce, and glans
2. Retract the foreskin (or ask the patient to retract it)
 - A. The presence of smegma, secretions of the glans, is normal
 - B. Do not retract the foreskin if it is painful/tight
 - C. Replace the skin
3. Note the ulcerations, scars, nodules or signs of inflammation.
4. Compress the glans gently between your index finger and thumb to open the urethral meatus and inspect for discharge. If patient reports discharge gently milk the shaft of the penis from the base to the glans.

Palpation:

1. Palpate the shaft of the penis between your thumb and first two fingers. Note any tenderness, induration or other abnormalities.

Scrotum and contents:

Inspection:

1. The patient should be standing facing the examiner

2. Inspect the skin of the scrotum and note the position of the testes.
 - A. Lift the scrotum to visualize the posterior surface
 - B. One side often hangs lower than the other.
3. Note any swelling, lumps, rashes, or loss of rugae.

Palpation:

1. The testicles are extremely sensitive and should be handled gently.
2. Warm your hands before palpating
 - A. A common of an undescended testicle is an examiner's cold hand.
3. Use your thumb and first two fingers, palpate each testis, epididymis, and spermatic cord.
4. Note the size, shape, consistency, tenderness, presence of nodules, dilated veins, thickening or any abnormalities.
5. All the needed investigations are done and necessary

Investigations:

All the needed investigations with their respective diseases are to be done. Basic investigations are Hb%, TC, DC, ESR, PT-INR, HIV, HBsAg, and Urine analysis. Scrotal Ultrasonography and Penile doppler.

Fitness:

Assessment of patients undergoing Uttar basti procedure is very important to avoid complications during the operative/post-operative procedure.

Informed consent:

Detailed information about the procedure should be explained to the patient, in order to gain his confidence and overcomes his apprehension. Written consent is to be obtained.

- Instruct the patient to clean the pubic region prior to the procedure.
- Prior to the administration of *Uttar Basti*, three *Niruha Basti* are given for the first three days. *Uttar basti* should be administered from day four.

On the day of Uttar basti:

- Advise the patient to take a hot water bath.
- Advise having *Yavagu* with *ghrita*, *ksheera* or *mamsa rasa*.
- The patient should be free from natural urges.
- Instruct to void urine before administering *Uttar Basti*.
- *Sthanika Abhyanga* (Lower abdomen, Groin, and thigh region) followed by *Mridu Sweda* by *Nadi Sweda* should be performed.
- Vitals should be monitored such as Temperature, Pulse rate, and Blood pressure.

B. PRADHANA KARMA (operative procedure):

- Position: The patient is made to relax and lay in a supine position. Drape the patient so that only the area around the penis is exposed.
 - Wash the genitalia and the surrounding area with betadine by using sponge holding forceps and gauge. Retract the prepuce completely and thoroughly gently clean the glans penis with betadine.
 - Cover the genitalia region with a sterile round hole cloth.
 - Autoclaved, Lukewarm medicine should be taken in the syringe and the catheter is attached to its tip (Care should be taken that all air in the syringe is expelled out before inserting into the urethra).
 - The catheter is lubricated with autoclaved oil.
 - The flaccid penis should be held perpendicular to the body.
 - The catheter is placed in the external meatus by holding it from its tips. A few drops of oil are injected in order to lubricate the meatus, to aid the smooth passage of the catheter.
 - Gently introduce the tip of the catheter into the urethra. The advancement of the catheter produces the least amount of discomfort. As the bulbo-membranous urethra is approached, the patient is asked to take slow breaths. (This helps to relax the patient and allow easy passage of the catheter. The catheter should never be forcefully inserted if any obstruction is met.)
 - Resistance is encountered at the prostatic sphincter. Pause and allow the sphincter to relax. Lower the penis and continue to advance the catheter.
 - When the catheter is passed through the prostatic sphincter into the bladder, the patient feels to urinate.
 - Slowly inject the required quantity (~50ml) of medicine into the bladder.
 - After injecting the medicine carefully remove the catheter allowing some quantity of medicine in the syringe.
 - Anti-clockwise *Abhyanga* is to be done over the groin region.
 - Advise patient to lie in the same position for 10-15 minutes.
 - Document the time taken for completion of the procedure and the length of a catheter inserted.
- #### C. PASCHAT KARMA (post-operative procedure)
- Vitals should be monitored such as Temperature, Pulse rate, and blood pressure.
 - Patient is advised to relax for 30 minutes inward in a head low position.

- Educate the patient to note down the time of first micturition and also medicine outcome.
- After the first micturition patient is advised to take tender coconut water.
- Patient is advised to take a light diet in the evening. Such as *Ksheera anna*, *Yavagau*, *Yusha*, and *Mamsarasa*,
- During the course of the treatment patient is instructed to avoid all sorts of extreme conditions

and if possible, to follow abstinence from the coital act.

- Advise patient to avoid exposing cold and hot things to prevent complications.

Duration of Uttar Basti:⁹

Uttar basti should be done for 3 days continuously and the procedure should be repeated after an interval of 3 days.

Method of Documentation of Uttar Basti Procedure:

| 1 st , 2 nd and 3 rd Sitzings of Uttar Basti | | | |
|---|--|--|--|
| Date | | | |
| Time taken for Uttar Basti Netra insertion | | | |
| Time taken for injecting Uttar Basti Dravya | | | |
| Time taken for Uttar Basti Netra removal | | | |
| Length of Uttar basti netra inserted | | | |
| Uttar Basti Pratyagamana kala | | | |
| Uttar basti Retention Time | | | |
| Observations | | | |
| Complications if any | | | |

| | Before UB | After UB | Before UB | After UB | Before UB | After UB |
|---|---------------------|----------|---------------------|----------|---------------------|----------|
| Pulse rate / min | | | | | | |
| Blood pressure mm hg | | | | | | |
| Measurement of Penis in cm (In Flaccid state) | Day 1 st | | Day 2 nd | | Day 3 rd | |
| Length | | | | | | |
| Circumference | | | | | | |

Discussion:

It is true fundamentals on which science is based cannot be changed but for wider applicability, demonstration of these principles, their reliability and utility in a much practical way according to present scenario is needed.

The Male Uttar basti procedure can also be done on an OPD basis. The common complication of Uttar basti procedure is Urinary tract infection if it is under the septic measure. On following this standard procedure, we have not encountered any complications and patients showed good results. Thus, the safety of the procedure can be well understood, when carefully following the procedure.

Before starting *Uttar Basti*, *Niruha basti* should be given for three days to obtain *Marga shuddi*. And prior to administration of *Uttar basti*, *Sthanika Abhyanga* followed by *Mridu Sweda* is to be given. It will helpful for pacifying *Vata Dosha* and also increases the drug absorption by the smooth muscle and in the bladder.

Comparison between classically explained and practically experienced Uttar Basti procedure

| Classical | Practical |
|--|--|
| Length of urethral passage- 10 angula | Length of urethral passage- 18-20cm |
| Instruments: Basti netra, and Basti putaka ^{10, 11} | Disposable Rubber catheter No-6, Disposable syringe 50ml |
| The length of insertion of nozzle in urethra is 7 Angula. ¹² | The length of insertion of Disposable rubber catheter is 18-28 cm. |
| Administration of Uttar basti in sitting posture in erect penis. ¹³ | Administration of Uttar basti in supine position in flaccid penis. |
| The Dose of Sneha dravya to be administered is ½ pala. ¹⁴ | The Dose of Sneha dravya to be administered is 40ml |
| Uttar basti retention time: 100 matra kala ¹⁵ | Uttar basti retention time: ½ hour to 24 hours |
| Uttar basti is administered 2-3 or 3-4 times per day ¹⁶ | 3 Uttar basti for 3 consecutive days Repeat the same after the interval of 3 days |

Practically the time taken for whole Uttar Basti procedure based on several successful trials:

Time taken for inserting Uttar basti catheter: 2-4 minutes

Time taken for injecting Uttar basti dravya: 2-4 minutes

Time taken for removal for Uttar basti netra: 1-2 minutes

Total time taken for Uttar basti procedure is 10-15 minutes

CONCLUSION:

Although Uttar Basti very precisely mentioned in the classics, the male *Uttar Basti* is limited to a handful of clinicians. And is capable of performing all srotas of actions like *Shodhana*, *Shamana*, and *Brahmhana*. The *Apana Vata* helps in controlling and governing all the activities taking place in the lower part of the body. Its centres of control are colon, pelvis, urinary bladder. If *Apana Vata* is at its efficient best. But if *Vata* gets vitiated, obstructed get weak in function. The medicine administered through urethral route helps in balance primary *Apana Vata* and it's associated with other doshas. The *Uttar Basti* has *Srotoshodaka*, *Avaranahara* and *Rasayana* effect. By purgative action of *Uttar Basti* in the urinary bladder and other genital passages, the process of urination and sexual functions will be re-established. Neural pathway regulates the external urethral sphincters, same continuation for penile erection, so *Uttar Basti* may inhibit para-sympathetic stimulation from hypothalamus. This approach of Ayurvedic medicinal procedure has wide applicability and has been scientifically proved to be the best route of administering the drug locally on target organs of Urogenital system to achieve results. Thus, the recommendations provided through this paper have been standardized based on several successful trials.

BIBLIOGRAPGY

- [1] Ayurveda Deepika commentary, Charaka Samhita, Chaukhambha Krishnadas Academy, Varanasi, Charaka Chikitsasthana 30/85; 2011
- [2] Vagbhata. Ashtanga Samgraha. Sutrasthana, Bastividhiadhyay, 28/9. Ravi Dutt Tripathi, editor. Delhi: Chaukhambha Sanskrit Pratishthan; 504p.
- [3] Vagbhata. Ashtanga Hridayam. Sutrasthana, Bastividhiadhyay, 19/70, Vd. Yadunandan Upadhyay, editor. Varanasi: Chaukhambha Prakashan; 125p.
- [4] Charaka, Drudhbala. Charaka Samhita. Siddhi Sthana, Trimarmiya Siddhi adhyay, 9/53,

Pandit Rajeshwardatt Shastri, editor. Varanasi: Chaukhambha Bharti Academy; Reprint 2015; 1063p.

- [5] Sushruta. Sushruta Samhita. Chikitsa Sthana, Anuvasanottarbasti Chikitsa Adhyay 37/108-109, Ambika Dutt Shastri, editor. Varanasi: Chaukhambha Sanskrit Sansthana; 205p
- [6] Sushruta. Sushruta Samhita. Chikitsa Sthana, Anuvasnotarbasti Chikitsa Adhyay 37/125-126. Ambika Dutt Shastri, editor. Varanasi: Chaukhambha Sanskrit Sansthana; 207p.
- [7] Charaka, Drudhbala. Charaka Samhita. Siddhi Sthana, TrimarmiyaSiddhi Adhyay, 9/63-64. Pandit Rajeshwardatt Shastri, editor. Varanasi: Chaukhambha Bharti Academy; Reprint 2015; 1065p.
- [8] Vagbhata. Ashtanga Samgraha. Sutrasthana, Bastividhiadhyay, 28/526, Ravi Dutt Tripathi, editor. Delhi: Chaukhambha Sanskrit Pratishthan; 526p.
- [9] Vagbhata. Ashtanga Hridayam. Sutrasthana, Bastividhiadhyay, 19/81-82, Vd. Yadunandan Upadhyay, editor. Varanasi: Chaukhambha Prakashan; 126p.
- [10] Murthy Srikanth K R, Sushruta Samhita Chikitsa Sthana, 36/107, Chaukhamba Orientalia, Varanasi, Reprint 2015; 360p.
- [11] Ayurveda Deepika commentary, Charaka Samhita Siddhi Sthana 9/50, Chaukhambha Orientalia, Varanasi, Reprint 2012; 1078p.
- [12] Murthy Srikanth K R, Sushruta Samhita Chikitsa Sthana, 36/107, Chaukhamba Orientalia, Varanasi, Reprint 2015; 359p.
- [13] Ayurveda Deepika commentary, Charaka Samhita Siddhi Sthana 9/54, Chaukhambha Orientalia, Varanasi, Reprint 2012; 1078p.
- [14] Ayurveda Deepika commentary, Charaka Samhita Siddhi Sthana 9/50-57, Chaukhambha Orientalia, Varanasi, Reprint 2012; 1078p.
- [15] Murthy Srikanth K R, Sushruta Samhita Chikitsa Sthana Commentry Dhalhana, 37/117, Chaukhamba Orientalia, Varanasi, Reprint 2015.
- [16] Murthy Srikanth K R, Vagbhata Ashtanga Hridaya Sutra Sthana 19/82, Chowkhambha Krishnadasa Academy, Varnasi, edi: 6th, 2009; 253p.