

Basti Therapy - A Comprehensive Review on its Principles, Therapeutic Mechanisms, and Clinical Applications

Swadha Tiwari^{1*}, Anupam Biswas², Shomya Tiwari³

^{1*}Assistant Professor, Department of Panchakarma, Dayanand Ayurvedic Medical College & Hospital, Siwan, Bihar, Email Id: swadhatiwari21@gmail.com, Orcid Id- 0009000663522764

²Assistant Professor, Department of Kayachikitsa, Dayanand Ayurvedic Medical College & Hospital, Siwan, Bihar, Email Id: dranupam9378@gmail.com, Orcid Id- 0009000845480366

³Senior Research Fellow, Department of Vikriti Vigyan, Faculty of Ayurveda, IMS, Banaras Hindu University, Varanasi, Uttar Pradesh, Email Id: shomya.tiwari30@gmail.com, Orcid Id-0009000229075287

Received: 25th May, 2026; **Revised:** 6th June, 2026; **Accepted:** 8th June, 2026; **Available Online:** 09th June, 2026

***Corresponding Author**

Email: swadhatiwari21@gmail.com, **Contact no.-** 7980168088

ABSTRACT

Background: Basti therapy, a principal Panchakarma procedure in Ayurveda, is recognized as the most effective treatment modality for Vata dosha disorders. It is not merely an enema therapy but a systemic treatment influencing the entire physiology through the colon and gut-brain axis.

Objective: This review aims to critically analyze classical concepts, pharmacological mechanisms, therapeutic indications, modern scientific interpretations, and clinical evidence supporting Basti therapy.

Methods: Data were collected from classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya), peer-reviewed journals, and recent clinical trials indexed in PubMed, Scopus, and AYUSH Research Portal. The collected data were synthesized under conceptual, pharmacological, and clinical headings.

Results: Basti exhibits multidimensional actions — neuro-hormonal modulation, gut-microbiota regulation, detoxification, and rejuvenation. Clinically, it is effective in managing conditions such as arthritis, neurological disorders, constipation, infertility, and degenerative diseases. Modern studies reveal that Basti can modulate inflammatory mediators and gut-brain communication through mucosal absorption and neuroenteric reflexes.

Conclusion: Basti therapy, when properly indicated and executed, acts beyond a local bowel cleansing procedure; it functions as a systemic therapy harmonizing Vata and restoring physiological homeostasis. Integration of Basti in modern practice holds promise for chronic, lifestyle, and neurological disorders.

Keywords- Basti, Panchakarma, Basti therapy, Ayurvedic Enema

Source of support: Nil.

How to cite this article: Swadha Tiwari^{1*}, Anupam Biswas², Shomya Tiwari³. Basti Therapy - A Comprehensive Review on its Principles, Therapeutic Mechanisms, and Clinical Applications. Int J Drug Deliv Technol. 2026;16(82s):372-379. DOI: 10.25258/ijddt.16.82s.45.

Conflict of interest: Nil.

INTRODUCTION

Ayurveda, the ancient Indian system of medicine, emphasizes a holistic approach to health through the balance of doshas (Vata, Pitta, and Kapha), dhatus (tissues), and malas (waste products). Among the various therapeutic modalities described in Ayurvedic classics, Panchakarma occupies a central role as the prime detoxification and rejuvenation therapy. It comprises five principal procedures—Vamana (therapeutic emesis), Virechana (therapeutic purgation), Basti (therapeutic enema), Nasya (nasal medication), and Raktamokshana (bloodletting)—each designed to eliminate aggravated doshas from the body and restore systemic harmony.¹

Among these five, Basti is considered the most significant, being described by Acharya Charaka as—Ardha Chikitsa—equivalent to half of all therapeutic measures. This is because Vata dosha, which governs all physiological and psychological activities, is primarily treated through Basti. Vata is responsible for movement, nerve conduction,

respiration, elimination, circulation, and even mental functions. When Vata becomes imbalanced, it can vitiate Pitta and Kapha, leading to multifaceted disorders ranging from musculoskeletal to neurological and reproductive conditions. Therefore, by controlling Vata, Basti indirectly corrects the imbalance of all other doshas.²

Basti therapy involves the administration of medicated substances—such as oils (Sneha), decoctions (Kashaya), milk, honey, or other combinations—through the rectal route. This allows direct access to the colon (Pakvashaya), which is the principal seat of Vata. The colon has been described as the gateway to systemic homeostasis, as it influences digestion, nutrient absorption, elimination, and neural regulation. In modern physiological terms, this aligns closely with the gut-brain axis, a bidirectional communication network linking intestinal microbiota, the enteric nervous system, and central nervous system functions.³

Unlike modern enemas that are primarily mechanical cleansing procedures, Basti exerts both local and systemic effects. The medicated substances used in Basti act through multiple mechanisms: absorption through the rectal mucosa, stimulation of local and systemic reflexes, and modulation of neurohumoral responses. Ayurvedic scholars recognized the colon's capacity for absorption and systemic influence long before modern pharmacokinetics identified the rectum as a potent site for drug delivery.⁴

The importance of Basti is also evident in its versatility. Classical texts enumerate over 80 types of Vata Vyadhi (neuromuscular and degenerative diseases) that can be effectively managed through Basti therapy. It has shown benefits in conditions such as Amavata (rheumatoid arthritis), Kampavata (Parkinson's disease), Sandhigata Vata (osteoarthritis), Gridhrasi (sciatica), Vataja Shoola (abdominal colic), infertility, and neurological degeneration. Modern research further supports its efficacy in modulating inflammation, oxidative stress, gut microbiota, and hormonal balance.⁵ From a modern scientific standpoint, Basti's mode of action can be interpreted through physiological and pharmacological frameworks. The colon is richly supplied by the autonomic nervous system and the enteric plexus, providing a direct pathway for neurochemical modulation. Lipophilic medicaments used in Sneha Basti can be absorbed through rectal veins, bypassing hepatic first-pass metabolism and reaching systemic circulation rapidly. Moreover, the gut microbiome—now recognized as a critical determinant of immunity, metabolism, and mood—can be favorably influenced by Basti formulations, many of which contain herbal bioactives with prebiotic or anti-inflammatory potential.⁶

In addition to its therapeutic relevance, Basti also holds preventive and rejuvenative importance (Rasayana). Procedures such as Matra Basti or Yapana Basti can be administered daily or periodically to maintain vitality, nourish tissues, enhance longevity, and promote mental clarity. Such applications reflect the Ayurvedic emphasis on maintaining health (Swasthasya Swasthya Rakshanam) rather than merely treating disease (Aturasya Vikara Prashamanam).⁷

Despite its profound therapeutic potential, Basti remains underexplored in modern research due to challenges in standardizing its formulations, techniques, and outcome measures. The diversity in medicaments—ranging from simple decoctions to complex emulsions—makes mechanistic studies difficult. However, contemporary interest in natural detoxification, microbiome therapy, and neuroendocrine regulation provides a promising framework to revisit Basti through an integrative lens.⁸

Hence, a comprehensive review of Basti therapy is essential to bridge the classical Ayurvedic

understanding with modern scientific interpretations. The present review aims to summarize the conceptual framework, pharmacodynamics, clinical efficacy, and potential mechanisms of action of Basti therapy in health and disease. It also discusses evidence-based studies that validate its use in chronic disorders, thereby positioning Basti as a scientifically credible and holistic therapeutic modality in the current era of integrative medicine.⁹

Aims and Objectives

- To review the Ayurvedic fundamentals of Basti therapy.
- To explore pharmacological and physiological mechanisms in modern context.
- To summarize clinical evidence of Basti therapy in various diseases.
- To identify future research directions for evidence-based validation.

Materials and Methods

This review includes textual analysis from Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, along with modern peer-reviewed studies. Databases such as PubMed, AYUSH Research Portal, and Google Scholar were searched using keywords—Basti therapy, —Panchakarma, —Ayurvedic enema, and —Colon therapy. Only English-language and Ayurveda-based research studies were included.

Ayurvedic Concept of Basti

Classical Perspective

Basti occupies a central and exalted position in Ayurvedic therapeutics. The classical texts—Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya—unanimously describe it as the most powerful treatment for Vata dosha. Acharya Charaka declares,¹⁰

“Basti Vataharanam Shreshtham”

Basti is the supreme therapy for pacifying Vata dosha (Ch. Si. 1/39).

Similarly, Sushruta mentions that among all therapies, Basti is the prime choice for Vataja vyadhis, as it directly acts on the Pakvashaya, the principal seat of Vata. Vagbhata also praises Basti, calling it the therapy that controls Vata and nourishes all dhatus (tissues) simultaneously.¹¹

In Ayurvedic philosophy, Vata is the prime motivating force among the Tridoshas. It governs movement, sensory perception, motor control, respiration, circulation, speech, and elimination. When Vata becomes deranged, it disturbs Pitta and Kapha, leading to systemic imbalances. Therefore, Basti, by restoring Vata balance, harmonizes the entire psychophysiological system.

Definition and Meaning

The term Basti has multiple connotations in Ayurvedic texts:

- It refers to the instrument (traditionally an animal bladder, now replaced by modern enema equipment) used to administer the therapy.
- It also denotes the procedure of introducing medicated liquids into the rectum.
- Conceptually, Basti means to reside or stay, indicating that the medicament remains in the body for a specific duration to exert its therapeutic effect.

Thus, Basti is not merely an enema for mechanical evacuation but a systemic therapy (Shodhana and Shamana) aimed at expelling vitiated doshas, nourishing tissues, and regulating Vata.¹²

Seat of Action: Pakvashaya (Colon)

Ayurveda identifies Pakvashaya—the large intestine—as the main seat of Vata (Vata Sthana). According to Charaka,

“Pakvashayo Vata Sthaanam” (Ch. Su. 28/6) The colon is considered the root of all Vata-related functions, influencing both the lower and upper parts of the body. The medicated materials administered through Basti reach this region, correcting the imbalanced Vata at its source. From the colon, the dravya (medicine) spreads through srotas (channels) to other body parts, producing systemic effects.¹³ The Pakvashaya is functionally related to the Apana Vata, which governs elimination, reproductive activity, and lower body functions. When Apana Vata becomes deranged, it can obstruct or displace other types of Vata (like Prana, Udana, Samana, and Vyana), leading to a wide range of disorders—neurological, digestive, or reproductive. Thus, Basti serves as a corrective and regulatory mechanism to reestablish Vata Samyata (equilibrium).¹⁴

Types of Basti

Ayurveda classifies Basti into multiple types based on Dravya (medicinal content), Karma (action), and Prayoga Kala (frequency of administration). The most commonly practiced types include:¹⁵

1. Niruha (Asthapana) Basti

- Constituents: Decoction (Kashaya), honey, rock salt, oil/ghee, and herbal pastes.
- Action: Shodhana (detoxifying and cleansing).
- Purpose: To eliminate vitiated doshas from the body.
- Indications: Rheumatoid arthritis (Amavata), paralysis, sciatica, gout, and chronic constipation.
- Mode: Retained for a short period

(around 48 minutes), after which it causes evacuation of fecal matter and doshas.

2. Anuvasana Basti

- Constituents: Primarily medicated oils or ghee.
- Action: Brimhana (nourishing) and Sneha (lubricating).
- Purpose: To pacify Vata and nourish Dhatus.
- Indications: Dryness, emaciation, fatigue, nervous disorders, degenerative conditions.
- Mode: Retained for a longer duration (up to several hours or overnight).

3. Matra Basti

- Constituents: Small quantity of oil (usually 60–100 ml).
- Action: Shamana (palliative) and Rasayana (rejuvenative).
- Purpose: For daily or periodic use to maintain Vata balance and promote vitality.
- Indications: Safe for elderly, debilitated, and those contraindicated for Shodhana.

4. Yapana Basti

- Constituents: Combination of nourishing substances like milk, ghee, honey, decoction, and medicated powders.
- Action: Brimhana (rejuvenative) and Rasayana (life-promoting).
- Purpose: To strengthen and revitalize the body while mildly cleansing doshas.
- Indications: Chronic degenerative diseases, infertility, debility, and neurological conditions.

5. Uttar Basti

- Constituents: Medicated oil or ghee introduced through the urethral or vaginal route.
- Action: Local Srotoshodhana and Vata pacification in Garbhashaya (uterus) and Mutrashaya (bladder).
- Indications: Infertility, dysmenorrhea, urinary disorders.

Physiological Pathways According to Ayurveda¹⁶

The action of Basti is explained through Srotovaha systems:

- Purishavaha Srotas (excretory channels) — cleansed by Niruha Basti.
- Majjavaha and Asthivaha Srotas (nervous and skeletal tissues) — nourished by Anuvasana Basti.

RESEARCH PAPER

- Shukravaha and Artavavaha Srotas (reproductive channels) — rejuvenated by Yapana and Uttar Basti.

Thus, the therapy exerts multidimensional influence, affecting both Shodhana (purification) and Rasayana (rejuvenation) pathways.

Special Importance of Basti in Vata Disorders

Charaka describes over 80 Vata Vyadhi, including neurological, musculoskeletal, and degenerative disorders. Since Vata governs movement, neural

conduction, and joint function, its imbalance manifests as pain, tremors, rigidity, dryness, or paralysis.¹⁷

Basti, by pacifying Vata, restores dosha equilibrium, relieves obstruction (Sanga), and supports the flow of Prana and Ojas.

Furthermore, in Panchakarma Chikitsa, Basti plays both curative (Vyadhi Pratyanika) and preventive (Swasthya Rakshana) roles, making it an essential part of both therapeutic and rejuvenative regimens.

Pharmacological Mechanism (Modern Interpretation)

Modern research proposes multiple physiological pathways for Basti action:

Mechanism	Effect
Colonic Absorption	Lipid-soluble components in <i>Sneha Basti</i> are absorbed through the mucosa, influencing systemic metabolism.
Gut-Brain Axis Modulation	Alters autonomic tone, neurotransmitters, and stress response.
Anti-inflammatory Activity	Suppression of cytokines (TNF- α , IL-6) and oxidative stress.
Hormonal and Neuroendocrine Effects	Regulation of cortisol, serotonin, and gut peptides.
Microbiome Modulation	Promotes beneficial bacteria and gut barrier integrity.

Clinical Applications of Basti Therapy

Disease / Condition	Type of Basti Used	Clinical Outcome
Rheumatoid Arthritis (Amavata)	Niruha + Anuvasana	Reduces pain, stiffness, ESR.
Lumbar spondylosis / Sciatica	Kati Basti / Matra Basti	Improves mobility and nerve conduction.
Constipation / IBS	Anuvasana	Improves

	/ Yapana	bowel regularity and gut tone.
Infertility (Vataja Vandhyatva)	Yapana / Uttar Basti	Enhances endometrial receptivity.
Parkinson's disease (Kampavata)	Niruha + Sneha Basti	Improves tremor, rigidity, and cognition.
Chronic fatigue / Neurodegeneration	Sneha / Matra	Enhances vitality and neuronal function.

Discussion

Basti therapy, as conceptualized in Ayurveda, represents one of the most sophisticated and systemically integrative therapeutic procedures ever described in traditional medical systems. Although classically categorized as a Panchakarma therapy for Vata pacification, its effects transcend mere local cleansing of the colon. Modern interpretations suggest that Basti operates through a constellation of physiological, biochemical, and neurohormonal pathways that collectively restore homeostasis in the body.¹⁸

1. Basti and the Regulation of Vata Dosha

Vata dosha, being the principle of movement and communication within the body, governs all sensory, motor, and autonomic activities. Its imbalance manifests as

neurological, musculoskeletal, gastrointestinal, or psychosomatic disorders. The colon (Pakvashaya), the seat of Vata, has an extensive neural network and vascularization that connects it with higher centres via the enteric nervous system and vagus nerve.¹⁹ When

medicated substances are administered through Basti, they act directly upon this seat of Vata, reestablishing its normal flow (Anulomana) and restoring systemic balance. This Ayurvedic notion

finds a parallel in modern neurogastroenterology, where the gut-brain axis is recognized as a bidirectional communication network that regulates mood, immunity, and metabolism.²⁰

2. Mechanistic Correlations: Classical to Modern

The classical Ayurvedic actions of Srotoshodhana (channel purification), Vata

Anulomana (regulation), and Dhatu Poshana (nourishment) can be correlated with modern scientific mechanisms.²¹

ayurvedic Concept	Modern Interpretation
<i>Srotoshodhana</i>	Detoxification, improved mucosal permeability, and regulation of intestinal barrier function.
<i>Vata Anulomana</i>	Restoration of normal enteric motility and neural signaling.
<i>Sneha Paka and Dhatu Poshana</i>	Enhanced mucosal healing, lipid absorption, and systemic nutrient transport.
<i>Agni Deepana</i>	Stimulation of digestive enzymes and modulation of gut microbiota metabolism.

The medicaments used in Basti — whether Sneha

(oil), Kashaya (decoction), or Yapana (milk-based)

— carry specific pharmacodynamic properties that interact with the colonic mucosa and enteric plexus. The rectal route provides rapid absorption and bypasses hepatic first-pass metabolism, allowing bioactive molecules to act directly on systemic circulation and central nervous structures.²²

3. Neuroendocrine and Immunological Dimensions

Recent scientific investigations suggest that colonic therapies can influence the hypothalamic-pituitary-adrenal (HPA) axis, leading to decreased cortisol levels and improved stress resilience. This aligns with the Vata-pacifying effect of Basti, which is known to promote calmness, stability, and mental clarity.²³

Moreover, the lipid-based medicaments in Anuvasana Basti are rich in essential fatty acids and herbal bioactives with anti-inflammatory, antioxidant, and neuroprotective potential. These compounds can modulate cytokines such as TNF- α , IL-6, and IL-1 β —thereby reducing systemic inflammation. This mechanism may explain the clinical efficacy of Basti in disorders like Amavata (rheumatoid arthritis), Gridhrasi (sciatica), and Kampavata (Parkinson's disease).²⁴

Additionally, the gut mucosa hosts nearly 70% of the body's immune cells. Basti, by restoring gut integrity and microbial balance, likely exerts immunomodulatory effects—enhancing the body's resistance to autoimmune and degenerative disorders.

4. Gut Microbiome and Basti Therapy

Emerging evidence emphasizes the role of the gut microbiota in health and disease. The microbiome influences digestion, mood, immunity, and metabolism through neuroendocrine signaling. Basti formulations, particularly those containing herbal decoctions, ghee, or fermented preparations, may act as natural prebiotics and anti-inflammatory agents. They can restore microbial diversity and suppress pathogenic species associated with chronic inflammatory diseases.²⁵

The Ayurvedic description of Ama (toxic metabolic waste) and Srotorodha (channel obstruction) finds a modern counterpart in gut dysbiosis and endotoxemia. Hence, the cleansing and rejuvenating aspects of Basti therapy may work by correcting dysbiosis and reducing systemic oxidative stress.²⁶

Conclusion

Basti therapy is far more than an enema—it is a comprehensive systemic intervention rooted in the Ayurvedic understanding of Vata regulation and holistic physiology. Classical texts regard it as Ardha Chikitsa, reflecting its supreme importance in both preventive and curative medicine. Modern interpretations validate this claim, revealing its capacity to modulate neural, hormonal, and immune pathways through the gut-brain axis and mucosal communication networks. By acting on the Pakvashaya, the seat of Vata, Basti exerts multidimensional effects: detoxification (Shodhana), nourishment (Brimhana), rejuvenation

(Rasayana), and regulation of systemic homeostasis. Scientific findings support its benefits in musculoskeletal, neurological, gastrointestinal, and reproductive disorders, highlighting its relevance in the management of chronic and lifestyle diseases. However, for global recognition, there is a pressing need for well-designed randomized clinical trials, standardized protocols, and molecular studies elucidating the pharmacokinetics of Basti formulations. Collaborative research integrating Ayurvedic wisdom with modern biomedical tools can unveil the full therapeutic potential of Basti therapy.

References:

1. Baria R, Joshi N, Pandya D. Clinical efficacy of Panchamuladi Kaala Basti (enema) in the management of Amavata (Rheumatoid Arthritis). *Ayu*. 2011 Jan;32(1):90-4. doi: 10.4103/0974-8520.85737. PMID: 22131764; PMCID: PMC3215425.
2. Shukla G, Bhatted SK, Dave AR, Shukla VD. Efficacy of Virechana and Basti Karma with Shamana therapy in the management of essential hypertension: A comparative study. *Ayu*. 2013 Jan;34(1):70-6. doi: 10.4103/0974-8520.115455. PMID: 24049408; PMCID: PMC3764884.
3. Gundeti MS, Raut AA, Kamat NM. Basti: Does the equipment and method of administration matter? *J Ayurveda Integr Med*. 2013 Jan;4(1):9-12. doi: 10.4103/0975-9476.109543. PMID: 23741155; PMCID: PMC3667437.
4. Bagwari M, Gupta P, Goyal P, Bhawana, Mahajan K, Various types of Bahya Basti (Local Basti). *J Ayu Int Med Sci*. 2024;9(7):276-284.
5. Bhisikar, Gautami, Shweta Parwe, Milind Nisargandha, and Swati Tikale. 2021. — Critical Review on Vrushya Basti: A Therapeutic Approach. *Journal of Pharmaceutical Research International* (62B):181-91. <https://doi.org/10.9734/jpri/2021/v33i62B35185>.
6. Singh, Sarvesh Kumar & Rajoria, Kshipra & Kumar, Amit. (2024). A comparative clinical study of Janu Basti (medicated oil retention over knee) and Matra Basti (medicated oil enema) with Sahachara Taila along with Adityapaka Guggulu on osteoarthritis of knee joint. *AYU (An International Quarterly Journal of Research in Ayurveda)*. 44. 96-102. 10.4103/AYU.AYU_219_17.
7. Kulkarni SP, Parwe S. Evaluation of Comparative Efficacy of Levothyroxine Versus Kshar Basti and Kanchanar Guggul in the Treatment of Hypothyroidism: Protocol for a Randomized Controlled Trial. *JMIR Res Protoc*. 2024 Sep 10;13:e57287. doi: 10.2196/57287. PMID: 39255475; PMCID: PMC11422726.
8. Patwardhan B. Ayurveda and integrative medicine: Riding a tiger. *J Ayurveda Integr Med*. 2010 Jan;1(1):13-5. doi: 10.4103/0975-9476.59820. PMID: 21829294; PMCID: PMC3149384.
9. Singh G, et al. Colon-targeted delivery and Ayurveda. *Phytother Res*. 2021;35(3):1321-1329.
10. Thatte U, Chiplunkar S, Bhalerao S, Kulkarni A, Ghungralkar R, Panchal F, Vetale S, Teli P, Kumbhar D, Munshi R. Immunological & metabolic responses to a therapeutic course of Basti in obesity. *Indian J Med Res*. 2015 Jul;142(1):53-62. doi: 10.4103/0971-5916.162099. PMID: 26261167; PMCID: PMC4557251.
11. Midha T, Kumar D, Kumar A, Jha SK. Rasayana Therapy in Ayurveda: A Promising Approach for Cancer Support and Immunomodulation. *Int J Drug Deliv Technol*. 2026;16(38s): 870-886; DOI: 10.25258/ijddt.16.38s.93
12. Singh SK, Rajoria K. Ayurvedic management of chronic constipation in Hirschsprung disease - A case study. *J Ayurveda Integr Med*. 2018 Apr-Jun;9(2):131-135. doi: 10.1016/j.jaim.2017.11.004. Epub 2018 May 29. PMID: 29853328; PMCID: PMC6033722.
13. Singh SK, Rajoria K. Ayurvedic approach for management of ankylosing spondylitis: A case report. *J Ayurveda Integr Med*. 2016 Mar;7(1):53-6. doi: 10.1016/j.jaim.2015.10.002. Epub 2016 May 24. PMID: 27297511; PMCID: PMC4910574.
14. A Clinical Evaluation Of Matra Basti And Kati Basti With Dhanwantaram Taila In The Management Of Gridhrasi. *Int J Ayu Pharm Res [Internet]*. 2021 May 31 [cited 2026 Aug. 12];9(4):17-31.
15. Rohini *et al*. Clinical Importance Of Basti Karma And Basti Dravya. *WJPMR*, 2023,9(8), 267-269
16. Rohan Agalcha, Kshipra Rajoria, Sarvesh Kumar Singh, Nivedita Sitpal. Critical Analysis on Action of *Basti*: A Review. *Research & Reviews: A Journal of Ayurvedic Science, Yoga & Naturopathy*. 2022; 9(3): 32–36p.
17. Sudhakaran, D. K. (2025). Concept of Basti- A Review. *International Research Journal of Ayurveda and Yoga*, 8(2),16-18. <https://doi.org/10.48165/IRJAY.2025.80204>
18. Acharya, Rabinarayan. (2024).

- Integrating Panchakarma in contemporary clinical practice: Enhancing therapeutic efficacy. *Journal of Research in Ayurvedic Sciences*. 8. 99-103. 10.4103/jras.jras_245_24.
18. Bhatta M, Patil SS, Yadav SS, Somanadhapa S, Thapa R. Effects of yoga and add on Ayurvedic Kati Basti therapy for patients with chronic low back pain: A randomized controlled trial. *J Ayurveda Integr Med*. 2024 Jul-Aug;15(4):101030. doi: 10.1016/j.jaim.2024.101030. Epub 2024 Aug 24. PMID: 39182253; PMCID: PMC11388008.
19. Bera, Sayantan & Mukherjee, Sonali. (2022). A Pilot Clinical Study of Mashadibasti in the Management of Pakshaghata (Hemiplegia). *AYUHOM*. 8. 82-89. 10.4103/AYUHOM.AYUHOM_45_21.
20. Bhatta M, Patil SS, Yadav SS, Somanadhapa S, Thapa R. Effects of yoga and add on Ayurvedic Kati Basti therapy for patients with chronic low back pain: A randomized controlled trial. *J Ayurveda Integr Med*. 2024 Jul-Aug;15(4):101030. doi: 10.1016/j.jaim.2024.101030. Epub 2024 Aug 24. PMID: 39182253; PMCID: PMC11388008.
21. Kulkarni SP, Parwe S. Evaluation of Comparative Efficacy of Levothyroxine Versus Kshar Basti and Kanchanar Guggul in the Treatment of Hypothyroidism: Protocol for a Randomized Controlled Trial. *JMIR Res Protoc*. 2024 Sep 10;13:e57287. doi: 10.2196/57287. PMID: 39255475; PMCID: PMC11422726.
22. Sharma B, Ashish Mehta. Study Protocol of an Open Label Randomized Comparative Clinical Trial to evaluate the efficacy of Shodhana Basti over Isabgol Husk in the management of Mala Avruta Pakvasyagata Vata (Chronic Functional Constipation). *J Ayurveda Integr Med Sci* [Internet]. 2025 Feb. 27 [cited 2026 Aug. 12];9(12):132-9. Available from: <https://jaims.in/jaims/article/view/3882>
23. Baria R, Joshi N, Pandya D. Clinical efficacy of Panchamuladi Kaala Basti (enema) in the management of Amavata (Rheumatoid Arthritis). *Ayu*. 2011 Jan;32(1):90-4. doi: 10.4103/0974-8520.85737. PMID: 22131764; PMCID: PMC3215425.
24. —Basti Treatment in Ayurveda: Ultimate Detox & Healing. *Adyanta Ayurveda Blog*. 2025 Mar 08.
25. Singh B, Nakade M, Sharma S. Low Back Pain Management through Bowel Lavage (Panchaprasrutik Basti)—A Single Arm Clinical Trial. *Journal of Pharmacology and Pharmacotherapeutics*. 2025;16(4):433-438. doi:[10.1177/0976500X251313603](https://doi.org/10.1177/0976500X251313603)