



# KMCT

## AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences

### TO WHOMSOEVER IT MAY CONCERN

This is to certify that the information in the attachment documents is verified by me and is true to the best of my knowledge



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K.M.C.T. AYURVEDA  
MEDICAL COLLEGE

*Leobhina*





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## PROJECT BASED LEARNING



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# CRAMPIN

-----HAPPY TO BLEED-----

**AN AYURVEDIC CHOCOLATE**



*L. Jagan*  
FEDERATION OF AYURVEDIC  
K.M. VEDANTH & SONS  
MEDICALS COMPANY

**Reg.No:200**

# INTRODUCTION

- Women represent the motherhood which suffers from many disturbances naturally which commonly go unnoticed among which menstrual pain stands most important.



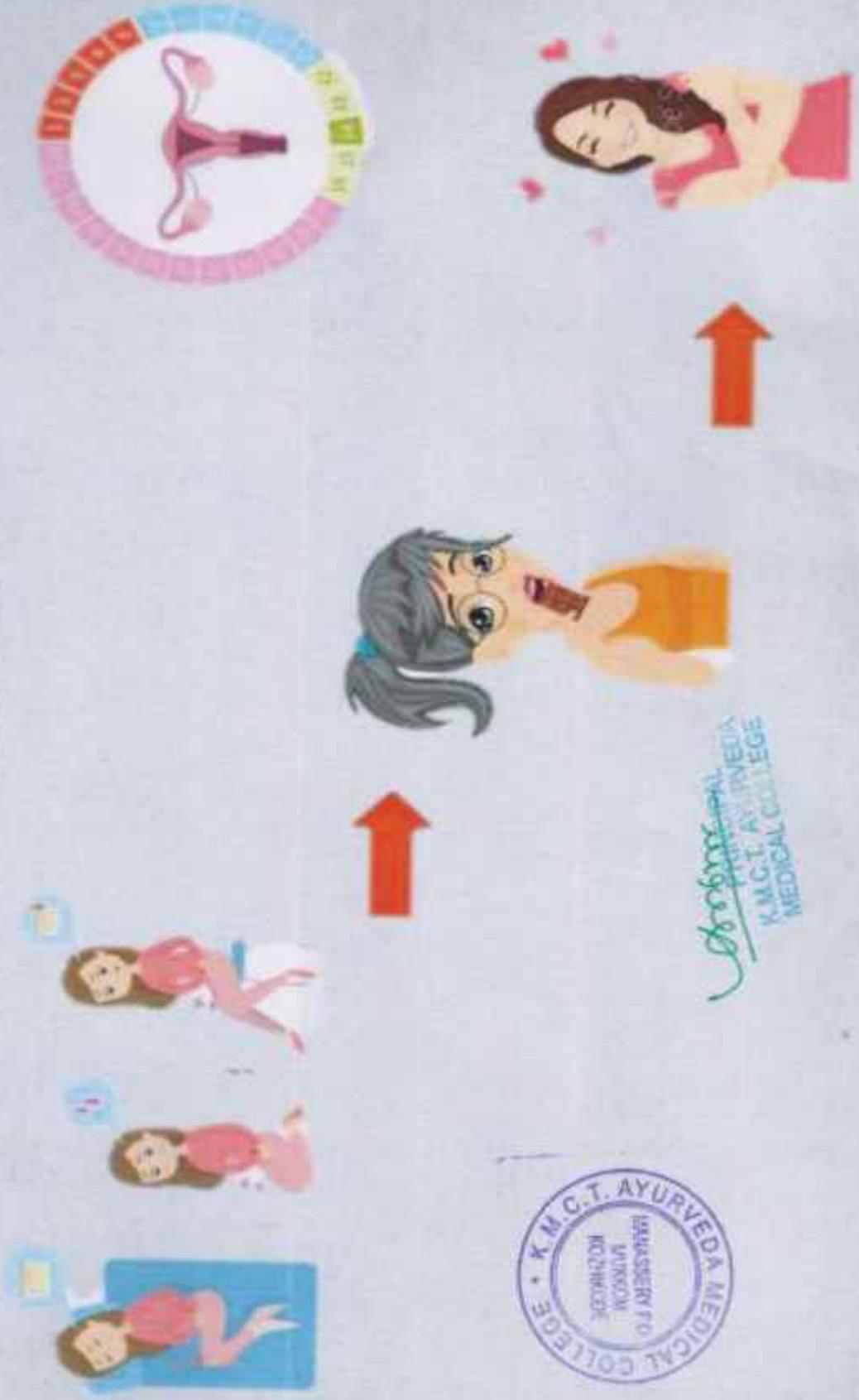
*Dr. Anitha*  
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# INCIDENCE IN DYSMENORRHEA

- Affect more than 50% of menstruating women.



# INFLUENCE IN MENSTRUATING WOMEN



*Dr. Aruna*  
K.M.C.T. AYURVEDA  
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# INGREDIENTS AND COMPOSITION

➤ Fenugreek	-50g
➤ Sesame	-50g
➤ Lepidium sativum	-50g
➤ Glycyrrhiza glabra	-10g
➤ Cinnamon	-5g
➤ Cumin	-10g
➤ Cocopowder	-50g
➤ Coconut oil	-50g
➤ Rock salt	-1pinch
➤ Honey	-1 tablespoon

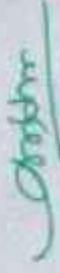


*Ashwin*

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# CUSTOMER SEGMENT

- ALL MENSTRUATING WOMEN ESPECIALLY,
  - STUDENTS
  - WORKING WOMEN
  - TRAVELLING WOMEN
  - HOUSEWIFE
- POSTPARTUM LADIES

  
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# COMPETITOR ANALYSIS

- MEFTAL

- Himalaya Q-DEE

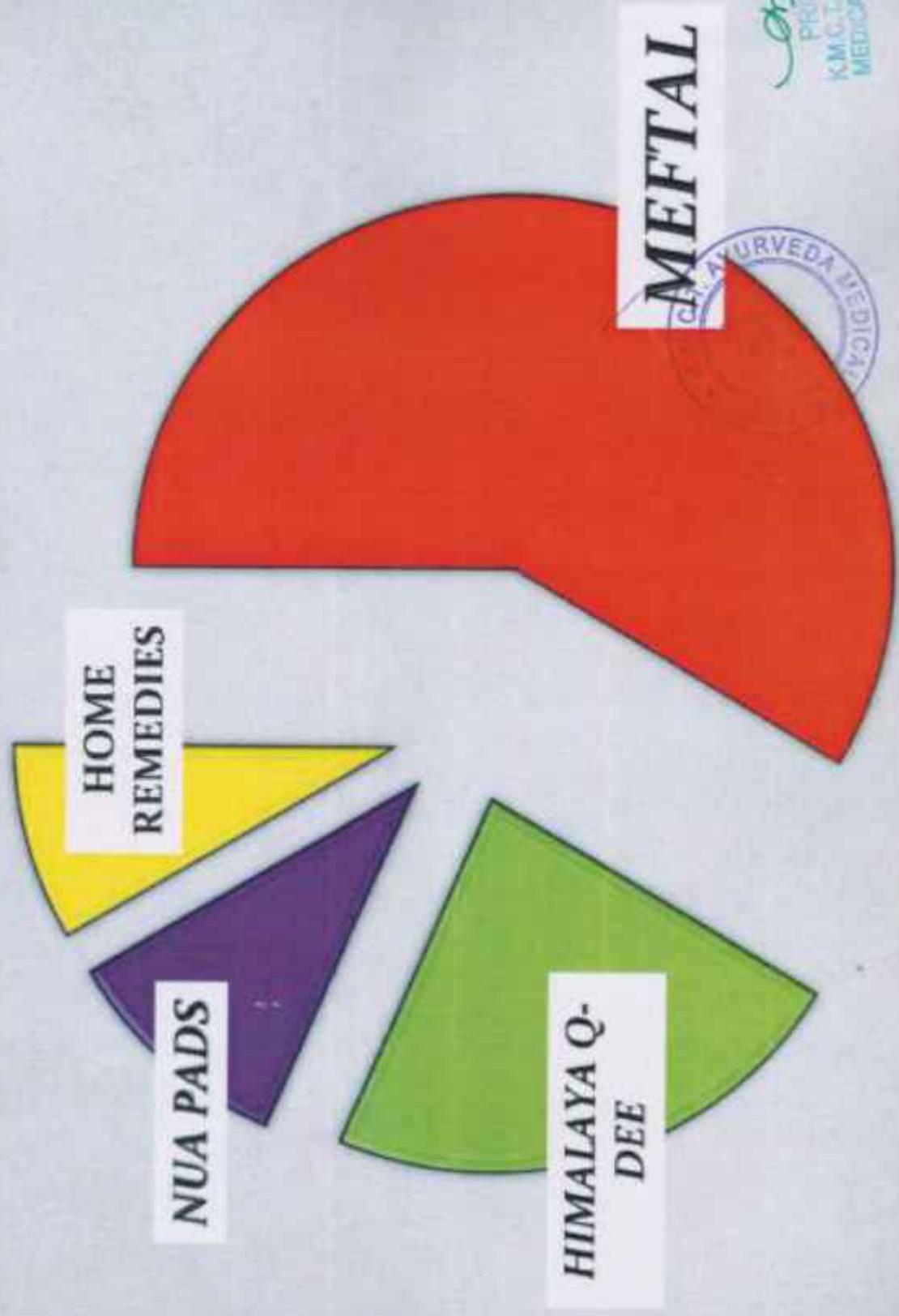
- NUA PADS



*Arshini*

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K.M.C.T. AYURVEDA  
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# MARKET ANALYSIS



*Arshini*  
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# ADVANTAGES

- Less side effect
- Quick cramp relief
- User friendly



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# REVENUE MODEL AND MARKETING CHANNELS

- PANCHAYAT & LOCAL SELF GOVERNING BODIES
- VOLUNTEERS THROUGH KUDUMBASREE UNIT
- TIE UP WITH ONLINE & OFFLINE DEALERS AND DISTRIBUTORS
- ONLINE & OFFLINE STORES

ONLINE :NUA

PEE SAFE

OFFLINE:PHARMACY, GROCERY



*Arabin*  
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*Chobhar*  
PHYSIOLOGICAL  
K.M.C.T. AYURVEDA  
MEDICAL COLLEGE



RESEARCH AND  
DEVELOPMENT CENTRE



**VB EFFERVESCENT TABLET-A Novel classical  
Ayurvedic health supplement**

Proposal Reference No.: BT/EF0829/2.0/24  
E-YUVA Centre Name: TAMIL NADU AGRICULTURAL UNIVERSITY, COIMBATORE



*Dr. bhm*  
PRINCIPAL  
K.M.C.T. AYURVEDA  
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# APPLICANT PROFILE

- Team member's details

S.NO	STUDENT NAME	COURSE	SEMESTER/YEAR
1	NANDANA-N	BAMS	2 <sup>ND</sup> PROFESSIONAL
2	NADEERA-K	BAMS	2 <sup>ND</sup> PROFESSIONAL
3	LINSHA ROSEL-CK	BAMS	2 <sup>ND</sup> PROFESSIONAL
4	TAHA RASHID ABID RASHID	BAMS	1 <sup>ST</sup> PROFESSIONAL
5	ABHIRAM CHACKOLANGARA	BAMS	1 <sup>ST</sup> PROFESSIONAL

- Mentor details

NAME OF THE MENTOR	Dr.T N HARIKRISHNAN
DESIGNATION	PROFESSOR&HOD
DEPARTMENT	RASASASTRA & BHAISHAJYA KALPANA
INSTITUTE/COLLEGE	KMCT AYURVEDA MEDICAL COLLEGE



*Dr. T. N. Hari Krishnan*  
Dr. T. N. Hari Krishnan  
Dr. T. N. Hari Krishnan

# PROBLEM STATEMENT

## NEED & RELEVANCE

- current market of over the energy supplements is dominated by popular energy boosters which have adverse side effects when consumed regularly or in excess.
- Multivitamins are often associated with GIT disturbances.
- There is a market for health supplements which is safe, healthy and can play multisystem roles.

## RATIONALE/HYPOTHESIS

### Rationale

The rationale for developing ayurvedic effervescent tablet as a health supplement lies in the increasing demand for Ayurvedic products coupled with the convenience and efficacy of modern dosage forms.

### Hypothesis

The hypothesis is that combining Ayurvedic drugs with an effervescent tablet format could enhance bioavailability, absorption, and ease of consumption, leading to improved health outcomes and user compliance.

*Asoban*  
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## **PROPOSED SOLUTION**

- **OUTCOME OF THE PROPOSED SOLUTION**

- A safer and more palatable health supplement in the form of EFFERVESCENT TABLET

- **HOW IS THE PROPOSED SOLUTION BETTER THAN EXISTING SOLUTIONS?**

- Most of the energy drinks have high caffeine content , which may lead to increased heart rate, anxiety and addiction if consumed in excess .
- Proprietary blends of ingredients.
- Sugar overload



*Dr. Arsh*  
PRINCIPAL  
K.M.C.T. AYURVEDA  
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- Vanga Bhasma easily available in the market in the form of bhasmas, tablets and capsules.
- And our idea is to manufacture this in the form of effervescent tablet which has more effect than compressed pills.

They dissolve completely and evenly while providing

- Accurate dosing
- Ease of administration
- Palatable
- Readily absorbable
- Rapid action

*Dr. Arshad*

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# WORK PLAN

S. No.	Milestones	Deliverables	Estimated Time
1	QUARTER 1: RESEARCH & PLANNING (Month 1-3)		
2	QUARTER 2: FORMULATION DEVELOPMENT (Month 4-6)		
3	QUARTER 3: PRECLINICAL EVALUATION (Month 7-9)		
4	QUARTER 4: REGULATORY PREPARATION & SCALE UP (Month 10-12)	An Ayurvedic health supplement in the form of effervescent.	1 YEAR

  
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# BUDGET DISTRIBUTION

S. NO	Budget Head	Budget Allocation
1	QUARTER 1: RESEARCH & PLANNING	Rs 25,000
2	QUARTER 2: FORMULATION DEVELOPMENT	Rs 25,000
3	QUARTER 3: PRECLINICAL EVALUATION -	Rs 1,00,000
	QUARTER 4: REGULATORY PREPARATION & SCALE UP	Rs 1,00,000

*Arora*

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# TEAM STRENGTH

- What makes you suitable to carry out the project? Please elaborate on teams your strength.

DEDICATION  
DETERMINATION  
DECISION

**What  
makes  
our team  
strong?**

COMMUNICATION  
COLLABORATION  
COORDINATION

LAB ACCESSIBILITY  
OF HIT & OUR OWN  
INSTITUTION

OBSERVATIONS  
LEARNING

INSTITUTIONAL  
SUPPORT



MENTOR GUIDANCE

*AYURVEDA*  
K.M.C.T. AYURVEDA  
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# TEAM STRENGTH

- What makes you suitable to carry out the project? Please elaborate on teams your strength.

DEDICATION  
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SUPPORT



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K.M.C.T. AYURVEDA  
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# SOCIETAL & ECONOMIC IMPACT

## SOCIETAL BENEFITS

- Generalized health improvements
- Aphrodisiac
- Rejuvenative

## ECONOMIC BENEFITS

POPULAR ENERGY BOOSTERS	MARKET PRICE
Popular energy booster 1	Rs.105/- for 250 ml/can
Popular energy booster 2	Rs.124/- for 350 ml/can
Popular health supplement	Rs.260/- for 30 capsules
<b>VB EFFERVESCENT TABLET</b>	<b>Rs.210/- for 30 tablets</b>

*Dr. S. S. Srinivas*

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## ADDITIONAL INFORMATION

### 1. Details of the preliminary work (if any) done by the team related to this idea

- literary research on various herbal, mineral and herbo-mineral preparations to identify suitable drug for the study.
- Literary research on vanga Bhasma
- Literary research on effervescent tablets

VANGA PURIFICATION THAT WE DONE IN OUR RASASHALA



### 2. Any other important information that you would like to share

[https://www.researchgate.net/publication/274193303\\_Therapeutic\\_uses\\_of\\_Vanga\\_bhasma\\_A\\_critical\\_review](https://www.researchgate.net/publication/274193303_Therapeutic_uses_of_Vanga_bhasma_A_critical_review)

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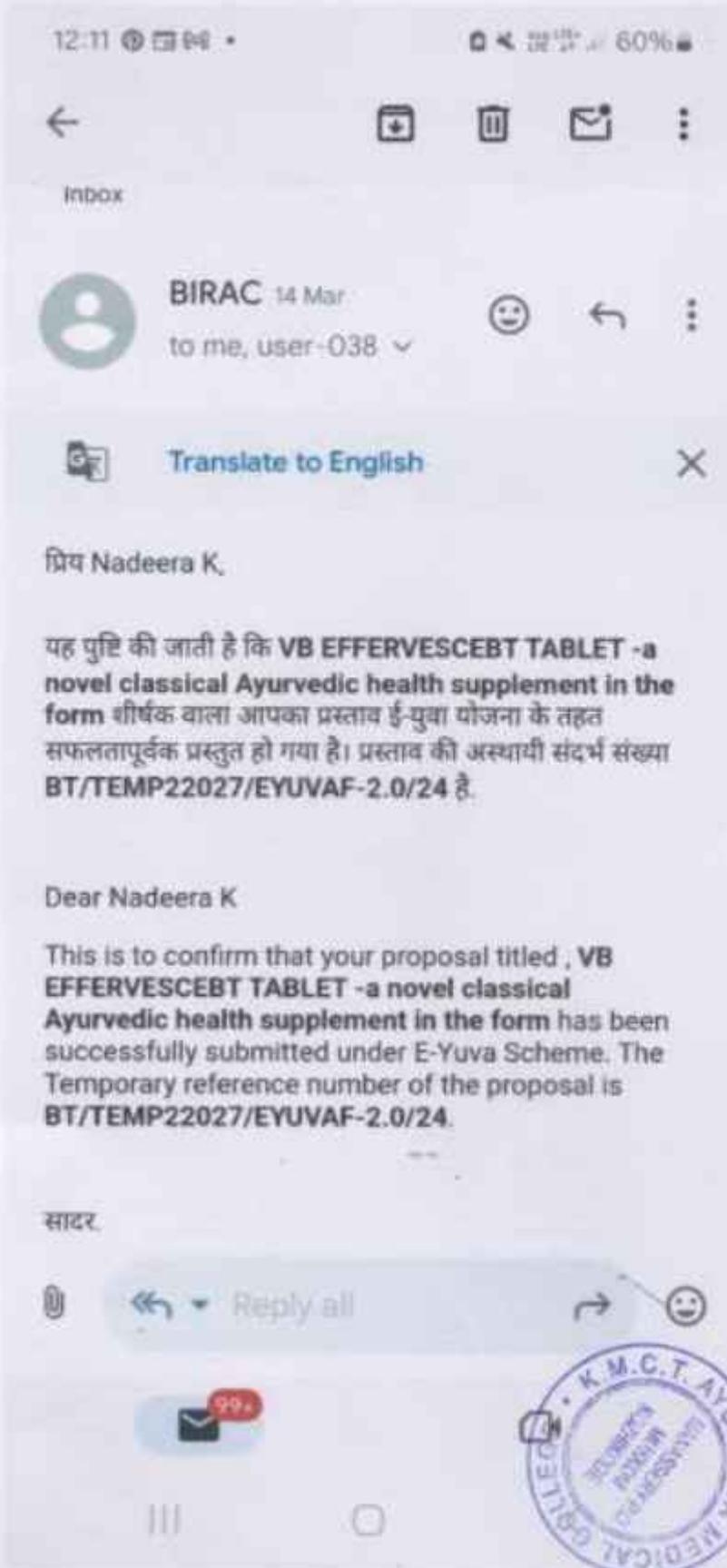


*Shri*  
K.M.C.T. AYURVEDA  
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INDUSTRY AND  
ENTREPRENEURSHIP  
DEVELOPMENT CENTER





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Dear E-YUVA fellowship aspirant,

Congratulations!

Your project proposal entitled, **"VB EFFERVESCENT TABLET -a novel classical Ayurvedic health supplement in the form"** bearing the **Ref. No. BT/EF0829/2.0/24** has been shortlisted for presentation before the Technical Evaluation Panel (TEP), scheduled between 24<sup>th</sup> and 25<sup>th</sup> April 2024 at Centre for Plant Molecular Biology and Biotechnology, TNAU, Coimbatore. (The presentation schedule will follow shortly).

1. Please confirm your attendance for the final presentation by email at the earliest.
2. The template for the presentation is enclosed, you are advised to adhere to the prescribed template without any deviation strictly. The completed PowerPoint slides should be sent to us as a reply mail before 19<sup>th</sup> April 2024 to the email id [uictnau@tnau.ac.in](mailto:uictnau@tnau.ac.in).
3. The presentation before TEP will be the final. Hence, ensure an impactful presentation.
4. You are expected to give a presentation for a duration of **'Eight'** minutes, followed by a Q&A session for **'Five'** minutes. Supplemental original



Manassery PO, Mukkam, 673602, Kozhikode, Kerala

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🌐 [www.kmctayurvedacollege.org](http://www.kmctayurvedacollege.org)



MINISTRY AND  
STATE FELLOWSHIP  
DEVELOPMENT CENTRE





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REGISTRATION AND  
AFFILIATION  
DEPARTMENT

908

DEPARTMENT OF  
**PRASOOTHITANTRA  
& STREEROGA**



*V. Ambekar*  
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K.M.C.T. AYURVEDA  
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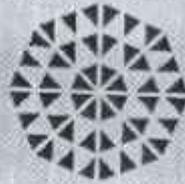
UTTARA BASTI

# KMCT

## AYURVEDA MEDICAL COLLEGE

MANASSERY, KOZHIKODE, KERALA - 673 602

Phone: 0495-2294664



### CERTIFICATE

#### PRASOOTHITANTRA AND STREEROGA

This is to certify that Mr/Miss. HANNA QIP  
studying in III<sup>rd</sup> professional BAMS has completed the compilation work on  
Uttam Banti in the subject PRASOOTHITANTRA AND  
STREEROGA as prescribed by the University of KUHS

Class No. 21

Reg. No. 111132231

Assistant Professor

**PROFESSOR AND HEAD**  
Dept. of Prasoothitrantra & Streeroga  
KMCT Ayurveda Medical College



Associate Professor

W. M. M. M.  
W. M. M. M.  
Professor

Place.....

Date of Examination.....  
**PRINCIPAL**  
**K.M.C.T. AYURVEDA**  
**MEDICAL COLLEGE**

Internal Examiner.....



External Examiner.....

## ACKNOWLEDGEMENT

I acknowledge my sincere gratitude to our Principal Dr. S.G Chandini and to the teachers of Prasoothitantra and Streeroga Department who always supported and guided in all ways for the compilation work as well as my studies.

I Would like to extend my thanks to our librarian and also to my great friends for their encouragement.

*Dr. S.G Chandini*

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## INTRODUCTION

बस्ति चिकित्सा regarded as the prime treatment modality among the पञ्जकर्मो. it is having not only curative action but also preventive and promotive actions.

Basti therapy is considered as चिकित्साधे among all the therapy and some physician recognize it as complete therapy because बस्ति has a vast field of therapeutic action. At not only cures वातिक disorders but also संसर्ग सन्निपातज condition of दोषा , कफज and पित्तज disorders.

Basti is divided mainly in introduction

- पक्वाशयगत बस्ति
- निरूह बस्ति
- गम्भीशयगत बस्ति
- उत्तर बस्ति
- वृण बस्ति

उत्तर बस्ति is administrated through the उत्तरमार्गे and has श्रेष्ठ गण [superior qualities] is known as उत्तर बस्ति

उत्तर बस्ति is done in उत्तर बस्ति यन्त्र it has 2 part :

- बस्ति पुटक
- बस्ति नेत्र



*Anobha*

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उत्तरमाउत्तरमार्गे दीयमन्तया किम् वा श्रेष्ठगुणतया उत्तरवस्तिः ॥ [च.सि. २,५०-५१]

The basti administered through the उत्तरमार्गे and has श्रेष्ठ गुण [superior qualities] is known as उत्तर वस्ति

उत्कृष्ट अवयवे दानात् वस्तिः उत्तर सन्निवृतः

उत्तरमार्गे means the मूत्र and शुक्लमार्गे in male and the मूत्र योनिमार्गे in female.

- निरूहत् उत्तरो यस्मात् तस्मात् उत्तर संज्ञितम् (भ.प)

The basti which is administered after निरूह वस्ति and through the उत्तरमार्गे is said to be उत्तर वस्ति ॥

उत्तरवस्थिरपि स्नेहने अनुवासनवत् शोधने निरूहवदपि केविदाह ॥ (अ.स.सु)

Uttara basti is used for injecting the drugs through urinary or vaginal passage. As it does unction, hence is considered like अनुवासन वस्ति, however, few authors consider it like निरूह वस्ति also, because it performs cleansing as well.

### Parts of उत्तर वस्ति यन्त्र

- वस्ति पुटक or the bag for holding the drug
- वस्ति नेत्र or nozzle for injecting the drug.

*W. S. Srinivasan*



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a) बस्ति पुटक or the bag of उत्तर बस्ति

- तेनाजबस्ति युक्तेन [च.स.सि]
- सौरभ शौकरो वा अपि बस्तिराजश्च पूजित  
तदलाभे प्रयुक्तीत पादो मृदुचर्म ततो अपि वा ॥[सु.स.चि]  
तस्यबस्तिर्मृदुलघु....( अ.स. सु )

बस्ति पुटक is urinary bladder or skin of animals , thick cloth etc... to be used and the method of preparation of पुटक or bag of general बस्ति [enema] is given in ayurvedika classics. As the quality of drug to be used in उत्तर बस्ति is less in comparison to बस्ति [enema],naturally its bag will also be smaller in size, however, the method of preparation of bag will be similar as described for bag of बस्ति [enema].

The bag of उत्तर बस्ति should be small and soft ,the urinary bladders of goat, sheep and hog are best for this purpose in absence of these bladder , cervical skin of birds ,one fourth portion of leather- bag used for holding water or any other soft leather can be used.



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b) Length of बास्ति नेत्र or nozzle to be inserted

In the women who have already delivered or those who have not delivered but are of active reproductive age, 4 अङ्गुली [approx 4cm] nozzle should be inserted in the vaginal passage for cleaning of uterus, in the urinary passage only 2 अङ्गुली [approx 2cm] should be inserted. In girls of less than 12 year of age, 1 अङ्गुली nozzle should be inserted in the urinary passage. The उत्तर बास्ति is not given in vaginal passage of girls it is covered [narrow]

- अपत्यमार्गं नारीणाम् विज्ञेयम् चतुरङ्गुलम्

द्वयङ्गुलम् मूत्रमार्गं तु बालायास्त्वेकमङ्गुलम् ॥

By inserting only 1 or 2 अङ्गुली of पुष्पनेत्र (nozzle) in the urethra of girls and adults women respectively, the end point of nozzle will not be able to cross the internal urethral meatus as urethra is 2 or 4cm long. Thus the injection of medicine inside the urinary bladder, through not impossible but would be quite difficult, similarly by inserting only four अङ्गुली of nozzle inside the vaginal canal. The medicine cannot be injected in the uterus, thus it is difficult to offer exact explanation of these measurements of nozzles to be inserted.

In the above description there circumference of nozzle are described ie, like tip of flower stalk of jati etc... with the mustard need's sized lumen ;like urethra and index fingers with the मुद्ग of lumen of both there. All there should be considered for urinary passage of girls (because their passage is narrow) in urinary passage of adult women and vaginal passage respectively. In all these nozzle the location of ring at the end to be inserted in respective passage should be the distance of 1,2 and 4 अङ्गुली. Adhamala says that in urinary passage of the women having circumference like flower stalk of malati should be used.

## नेत्र or nozzle of उत्तर बस्ति

- पुष्पनेत्रमित्युत्तरवस्तिनेत्रस्य सम्ज्ञा ॥ [च स सि]
- पुष्पनेत्रम् तु हैमम् स्याच्छूलक्षणमौत्तरवस्तिकम्  
जात्यश्वहनहन्तेन समम् गोपुच्छसस्थितम्  
रोप्यम् वा रसर्पपट्टिदम् द्विकर्ण ॥ [च स सि]
- बालाय स्वल्पप्रमाणतया एकाङ्गुलप्रवेशनमेव ॥ [च स सि]
- नारिणाम् चतुरङ्गुले इति निविष्टकर्णिकमित्यत्रापि संबन्धतीयम्  
स्थौल्यमाह-मूत्रस्रोतःपरिणाहम् मुदगवाहि दशाङ्गुलम् ॥ [सु स चि]

The नेत्र or nozzle of उत्तर बस्ति यन्त्र is termed as पुष्पनेत्र also. This पुष्पनेत्र (nozzle) should be made with any metal out of gold, silver, brass, bell-metal or white copper tin or lead, be smooth, tapering like cow's tail, having circumference like tip of flower stalk of jati (malati or kunda), karavira (aswaghna) and the lumens from which a mustard seed can pass. The nozzle should have 2 or 3 कर्णिका (ear rings) for tying it with bag (in case of three ear ring, two at this end) and restriction for its excess entry in the passage. The पुष्पनेत्र to be used in females should be ten अङ्गुला in length (approximately 10cm) with the circumference like urethra or index finger and the lumens from which a seed can pass easily.

It from the word योनिपत्ता cervix-uteri is considered instead of vaginal canal, then by inserting 4 अङ्गुला of nozzle inside the cervix the medicine can be injected in the uterus. The length of nozzle to be inserted in urethra has to be slightly more than described in the classics.



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### Method of it's use

All the description is in relation to बस्ति to be given through anal passage or enema, not for उत्तर बस्ति, however, defective bag or nozzle etc. of उत्तर बस्ति, also can produce some abnormalities; keeping this in mind the abnormalities die to fault of bag or nozzle of बस्ति यन्त्र, method of injection or application etc. ...

### Benefit of उत्तर बस्ति

वस्तौ रोगेषु नारीणाम् योनिगर्भाशयेषु च  
योनिवमश्शूलेषु योनीव्यपथ्यसृग्दरे  
मूत्रव्यवहारेषु.....

Due to suppression (normalization) of वायु by use of उत्तर बस्ति the योनि retains the गर्भो quickly on the women conceives immediately. It is also beneficial on disease of urinary bladder such as retention of urine, severe dysuria, pain in urinary bladder on groin region and discharge of urine drop by drop; uterovaginal prolapsed, sevoir vaginal pain, other gynecological disorders योनिव्यापत्त menometeorhgia (असृग्धर or irregular bleeding), amenorrhoea, dysmenorrhoea, other menstrual disorders which are difficult to cure and retention of placenta.

### Best period for use of उत्तर बस्ति in the women

The उत्तर बस्ति should be given to the women after cleaning her by use of 2 or 3 as the पाने बस्ति ,during आलेवकाल or ऋतुकाल (just after menstrual bleeding in over; because during this period uterus and vagina are free from covering and their orifice ( orifices of fine स्रोतस् ) are open , thus, receive unction easily.

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## Procedure of उत्तर बस्ति ( पूर्वकर्म )

द्वित्रास्थापन शुद्धेभ्यो वदध्यात् वस्तिमूत्तरम् ॥अ.स.सु.१२,७०

उत्तर बस्ति should be given after given after the administration of निरुह बस्ति

According to वाग्भट ; about 2.3 निरुह बस्ति should be given before the administration of उत्तर बस्ति

अथात्तुरम् उपस्निग्धम् स्विन्नम् प्रशियिलायम्

यवागुम् सघृतक्षीरम् पीतवन्तम् यथाबलम् ॥[सु.चि.३७,१०८]

अभ्यङ्ग स्वेदन कर्मा should be done preferably over the back, groin and abdomen. The यवागु added with ghee should be given for drinking.

## प्रधान कर्मा

- The patient is made to lie down on her back. Then she made to fold her legs at knee (lithotomy position).
- Then the उत्तर बस्ति यन्त्र containing the prescribed द्रव्य(either क्वथ स्नेहन) is taken and बास्ति नेत्र lubricated with स्नेहन is carefully introduced in to the अपत्यमार्ग
- बस्ति पुटक is compressed uniformly, so that the द्रव्य enters the योनी
- It is practically observed that क्वथ returns immediately whereas स्नेहन is retained for sometimes

## पश्चात्कर्मा

Rest for some times is advisable. Also the common regimen to be followed. After any पञ्चकर्मा are applicable in the present context.

As far as diet intake is concerned, अथादी suggest that the पत्यागमन of उत्तरबस्ति, at evening the patient should be given माम्नास क्षीर or (पयसा)

### Method of it's use

All the description is in relation to बस्ति to be given through anal passage or enema, not for उत्तर बस्ति, however, defective bag or nozzle etc. of उत्तर बस्ति, also can produce some abnormalities; keeping this in mind the abnormalities due to fault of bag or nozzle of बस्ति इन्द्र, method of injection or application etc. ....

### Benefit of उत्तर बस्ति

बस्ती रोगेषु नारीणाम् योनिगर्भाशयेषु च  
योनिवमनशूलेषु योनीव्यपथ्यसुन्दरे  
मूत्रव्यवहारेषु.....

Due to suppression (normalization) of वायु by use of उत्तर बस्ति the योनि retains the गर्भा quickly on the women conceives immediately. It is also beneficial on disease of urinary bladder such as retention of urine, severe dysuria, pain in urinary bladder on groin region and discharge of urine drop by drop; uterovaginal prolapsed, sevoir vaginal pain, other gynecological disorders योनिव्यापत् menometrorrhagia (असुग्धर or irregular bleeding), amenorrhoea, dysmenorrhoea, other menstrual disorders which are difficult to cure and retention of placenta.

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## Complication

After the उत्तर वस्ति if burning sensation is felt in urinary bladder or uterus, then the following treatment;

शकरा मधुमिश्रेण शीतलेन मधुकाम्बुना

दध्यमाने तदा वस्तौ दध्याद्वस्ति विचक्षणम्

शीरीवृक्षकषायेण पयसा शीतलेन च ॥

A वस्ति of cooled decoction of मधुक mixed with sugar and honey should be given.

## वस्ति व्यापत्

There is no direct reference of उत्तरवस्तिव्यापत्. But the दोषा mentioned for वस्ति i.e. वस्ति पुटक दोषा , वस्ति नेत्र दोष , वस्ति पण्डितान दोष , वस्ति प्रयान दोष are applicable to उत्तर वस्ति also.

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## CONCLUSION

The उत्तर बस्ति is administered through the उत्तरमार्ग by dealing with this topic. I was able to obtain a clean cut knowledge about उत्तर बस्ति with reference from आचार्य चरक सुसुत and वाग्भट . In this compilation included उत्तर बस्ति चन्द्र and procedure of उत्तर बस्ति etc.....

- Procedure include:
  - पूर्वकर्म
  - प्रधान कर्म
  - पश्चात्कर्म
- Parts of उत्तर बस्ति चन्द्र
- Benefit of उत्तर बस्ति

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