

## ABSTRACT

Basti is one of the most important measures described in various text for the internal purification of our body. The wide applicability and highest disease curing ability bound Acharyas to describe it as 'Chikitsardha'. Although various Acharyas described its and applications but most of the Ayurvedic Samhithas mentioned Basti especially for pacification of Vata Dosha.

It's mode of action is more complex which makes it unique. Most of the people consider it as a simple enema procedure. The mode of action of Basti is very beautifully explained in our classics with various similes. The therapeutic effect of Basti can be only inferred with the efficacy of the procedure. The present article is an attempt to review the possible mode of action of Basti in terms of Samhitas and modern science.

The main aim of this research is to collect all references of Bastidravya in vrudhdhatraya and to review chemical composition and pharmacological actions of relevant chemical and to explore the exact mechanism of action. Finally attempts to find the co-relation between Ayurvedic concept of vastidravya and their pharmacological action with the modern science.