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Review Article

A CRITICAL REVIEW OF *CHANDANADI NIRUHA BASTI* IN *PRADARA ROGA* WITH SPECIAL REFERENCE TO *CHARAKA SAMHITA, SIDDHI STHANA*

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ABSTRACT

Pradara Roga is an important gynaecological condition described in Ayurveda and is commonly associated with abnormal or excessive vaginal bleeding, depending on its clinical presentation. Ayurveda emphasizes the assessment of *Dosha, Dushya, Agni*, and the underlying *Samprapti* for selecting appropriate treatment. *Chandanadi Niruha Basti,* described in the *Siddhi Sthana* of *Charaka Samhita*, is a classical formulation indicated in *Pradara Roga* and several other disorders associated with aggravated *Pitta*. The formulation comprises multiple herbal drugs, *Ksheera, Ghrita, Madhu*, and *Saindhava*, prepared according to the principles of *Niruha Basti*. Several ingredients are traditionally described as having properties such as *Pitta-Shamana, Raktaprasadana, Stambhana*, and *Balya*, although their individual contributions to the overall therapeutic action require further evaluation. This review aims to explore the classical reference, ingredients, Ayurvedic pharmacological properties, and probable therapeutic rationale of *Chandanadi Niruha Basti* in *Pradara Roga.* The review also highlights the need for systematic pharmacological investigations and well-designed clinical studies to establish its safety and efficacy in specific gynaecological conditions.

INTRODUCTION

Pradara Roga is described in Ayurvedic literature among disorders affecting women's reproductive health. The term *Pradara* is associated with excessive or abnormal discharge, while its clinical interpretation depends on the accompanying symptoms, nature of discharge, bleeding pattern, and associated *Dosha* involvement. Excessive or abnormal uterine bleeding may be one of its clinical presentations; however, *Pradara Roga* should not be considered synonymous with a single modern gynaecological diagnosis in every case.

According to Ayurvedic principles, the manifestation of a disease depends on the involvement of *Dosha, Dushya, Srotas, Agni*, and other components of *Samprapti. Pitta* and *Rakta* are important considerations in conditions characterized by excessive bleeding, although the complete assessment must be based on the individual patient's clinical features.[1]

Basti Karma is an important therapeutic procedure in *Panchakarma*. *Niruha Basti*, also known as *Asthapana Basti*,[2] generally involves a medicinal decoction combined with other prescribed ingredients. Its formulation and administration are determined by the classical indication, the patient's condition, and the specific therapeutic objective.

Chandanadi Niruha Basti is described in the supplied passage from *Charaka Samhita, Siddhi Sthana*, as a formulation prepared using a decoction of multiple medicinal drugs, followed by the addition of *Ksheera, Kalka's, Ghrita, Madhu*, and a small quantity of Saindhava. The passage specifically includes *Pradara* among the conditions for which this formulation is indicated, along with *Daha, Atisara, Rakta pitta, Pandu Roga*, and other disorders associated with aggravated *Pitta*. [3]

The presence of *Pradara* in this classical indication provides a rationale for a focused literary

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review of the formulation. Therefore, the present review aims to examine its textual description, constituent drugs, Ayurvedic pharmacological rationale, and potential relevance to *Pradara Roga*, while identifying areas requiring further scientific investigation.

AIM AND OBJECTIVES

1. *Chandanadi Niruha Basti* mentioned in *Charaka Samhita Siddhi Sthana Basti Sutriya Siddhi* is taken for the study.
2. To understand the Ayurvedic pharmacological properties of the ingredients of *Chandanadi Niruha* Baisti.
3. To know the chemical composition and pharmacological activity of ingredients of *Chandanadi Niruha Basti*.

MATERIAL AND METHODS

Literature Review[4]

Review of literature regarding *Chandanadi Niruha Basti* is taken from *Charaka Samhita Siddhi Sthana Basti Sutriya Siddhi* and *Dravyaguna Vigyan* books.

OBSERVATION AND RESULT

Drug review[5]

Chandanadi Niruha Basti comprises of many ingredients namely *Chandana, Padmaka, Riddhi*, *Yashtimadhu, Rasna, Vrsa, Sariva, Lodhra, Manjishtha*, *Ananta (Utpala-Sariva), Bala, Vidarigandha*, *Prishniparni, Brihati, Kantakarika, Eranda, Kakoli*, *Chandana, Usheera, Ela, Madhuka, Shali, Kasha, Darbha* and *Ikshu*.

Jivanti, Meda, Riddhi, Shatavari, Vira, Kakoli, *Kshirakakoli, Kaseruka, Sitopala* (crystal sugar), *Jivaka*, lotus stamens, *Prapaundarika, Kamala, Utpala, Lodhra*, *Atmagupta, Madhuka, Vidari, Munjataka, Kesara*.

Table 1: Latin Name and Ingredients of *Chandanadi Niruha Basti* [6]

S.No.	Drug	Latin Name	Family
1.	*Chandana*	*Santalum album*	*Santalaceae*
2.	*Padmaka*	*Prunus cerasoides*	*Rosaceae*
3.	*Riddhi*	*Habenaria intermedia*	*Orchidaceae*
4.	*Yashtimadhu*	*Glycyrrhiza glabra*	*Fabaceae*
5.	*Rasna*	*Pluchea lanceolata*	*Asteraceae*
6.	*Vrsa*	*Justicia adhatoda*	*Acanthaceae*
7.	*Sariva*	*Hemidesmus indicus*	*Apocynaceae*
8.	*Lodhra*	*Symplocos racemosa*	*Symplocaceae*
9.	*Manjishtha*	*Rubia cordifolia*	*Rubiaceae*
10.	*Ananta (Utpala-Sariva)*	*Hemidesmus indicus*	*Apocynaceae*
11.	*Bala*	*Sida cordifolia*	*Malvaceae*
12.	*Vidarigandha*	*Pueraria tuberosa*	*Fabaceae*
13.	*Prishniparni*	*Uraria picta*	*Fabaceae*
14.	*Brihati*	*Solanum indicum*	*Solanaceae*
15.	*Kantakarika*	*Solanum virginianum*	*Solanaceae*
16.	*Eranda*	*Ricinus communis*	*Euphorbiaceae*
17.	*Kakoli*	*Roscoea purpurea*	*Zingiberaceae*
18.	*Chandana*	*Santalum album*	*Santalaceae*
19.	*Usheera*	*Chrysopogon zizanioides*	*Poaceae*
20.	*Ela*	*Elettaria cardamomum*	*Zingiberaceae*
21.	*Madhuka*	*Madhuca longifolia*	*Sapotaceae*
22.	*Shali*	*Oryza sativa*	*Poaceae*
23.	*Kasha*	*Saccharum spontaneum*	*Poaceae*
24.	*Darbha*	*Desmostachya bipinnata*	*Poaceae*
25.	*Ikshu*	*Saccharum officinarum*	*Poaceae*
26.	*Jivanti*	*Leptadenia reticulata*	*Apocynaceae*
27.	*Meda*	*Polygonatum verticillatum*	*Asparagaceae*

28.	*Riddhi*	*Habenaria intermedia*	*Orchidaceae*
29.	*Shatavari*	*Asparagus racemosus*	*Asparagaceae*
30.	*Vira*	*Ipomoea digitata*	*Convolvulaceae*
31.	*Kakoli*	*Roscoea purpurea*	*Zingiberaceae*
32.	*Kshirakakoli*	*Fritillaria roylei*	*Liliaceae*
33.	*Kaseruka*	*Scirpus kysoor*	*Cyperaceae*
34.	*Sitopala*	-	-
35.	*Jivaka*	*Malaxis acuminata*	*Orchidaceae*
36.	*Prapaundarika*	*Nelumbo nucifera.*	*Nelumbonaceae*
37.	*Kamala*	*Nelumbo nucifera*	*Nelumbonaceae*
38.	*Utpala*	*Nymphaea nouchali.*	*Nymphaeaceae*
39.	*Lodhra*	*Symplocos racemosa Roxb.*	*Symplocaceae*
40.	*Atmagupta*	*Mucuna pruriens.*	*Fabaceae*
41.	*Madhuka*	*Madhuca longifolia.*	*Sapotaceae*
42.	*Vidari*	*Pueraria tuberosa*	*Fabaceae*
43.	*Munjataka*	*Cyperus rotundus L.*	*Cyperaceae*
44.	*Kesara*	*Crocus sativus L.*	*Iridaceae*

Table 2: Ayurvedic and modern pharmacological properties of ingredients of *Chandanadi Niruha Basti*[7]

S.no.	Drug	*Rasa*	*Guna*	*Veerya*	*Vipaka*	*Doshakarma*	Chemical composition with pharmacological activity
1.	*Chandana*	*Tikta, Madhura*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Kaphapittashamaka*	α-Santalol, β-Santalol, α-Santalene, β-Santalene – Anti-inflammatory, antimicrobial, antioxidant.
2.	*Padmaka*	*Kashaya, Tikta*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Kaphapittashamaka*	Flavonoids, phenolic compounds, anthocyanins – Antioxidant, anti-inflammatory potential.
3.	*Riddhi*	*Madhura*	*Laghu, Snigdha*	*Sheeta*	*Madhura*	*Tridoshaghna*	Species-specific constituents require verification – Pharmacological activity insufficiently established.
4.	*Yashti madhu*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Glycyrrhizin, glycyrrhetinic acid, liquiritin, liquiritigenin, glabridin – Anti-inflammatory, antioxidant, antimicrobial, gastroprotective.
5.	*Rasna*	*Tikta*	*Guru, Ruksha*	*Ushna*	*Katu*	*Kaphavatahara*	Flavonoids, terpenoids, sterols – Anti-inflammatory, analgesic potential.
6.	*Vrsa*	*Tikta, Kashaya*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Kaphapittashamaka*	Vasicine, vasicinone, vasicinol – Bronchodilatory, expectorant effects.
7.	*Sariva*	*Madhura, Tikta*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	2-Hydroxy-4-methoxybenzaldehyde, hemidesmin, terpenoids – Antioxidant, anti-inflammatory, antimicrobial potential.

8.	*Lodhra*	*Kashaya*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Kaphapittashamaka*	Tannins, flavonoids, polyphenols – Astringent, antioxidant potential.
9.	*Manjishtha*	*Madhura, Tikta, Kashaya*	*Guru, Ruksha*	*Ushna*	*Katu*	*Pittakaphashamaka*	Alizarin, purpurin, rubiadin, munjistin – Antioxidant, anti-inflammatory, antimicrobial potential.
10.	*Ananta (Utpala-Sariva)*	*Madhura, Tikta*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Pittakaphashamaka*	-
11.	*Bala*	*Madhura*	*Guru, Snigdha, Pichchhila*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Alkaloids, phytosterols, flavonoids, fatty acids – Anti-inflammatory, analgesic potential.
12.	*Vidarigandha*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Puerarin, isoflavonoids – Antioxidant, anti-inflammatory potential.
13.	*Prishniparni*	*Madhura, Tikta*	*Laghu, Ruksha*	*Ushna*	*Madhura*	*Tridoshaghna*	Flavonoids, phenolic compounds – Antioxidant, anti-inflammatory potential.
14.	*Brihati*	*Tikta, Katu*	*Laghu, Ruksha*	*Ushna*	*Katu*	*Kaphavatahara*	Steroidal glycoalkaloids, saponins, flavonoids – Antioxidant, antimicrobial, anti-inflammatory potential.
15.	*Kantakarika*	*Tikta, Katu*	*Laghu, Ruksha*	*Ushna*	*Katu*	*Kaphavatahara*	Solasodine-related alkaloids, steroidal saponins – Antioxidant, antimicrobial, anti-inflammatory potential.
16.	*Eranda*	*Madhura, Katu, Kashaya*	*Guru, Tikshna, Snigdha*	*Ushna*	*Madhura*	*Vatakaphahara*	Ricinoleic acid, ricin, ricinine – Laxative action; ricin is highly toxic.
17.	*Kakoli*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	-
18.	*Chandana*	*Tikta, Madhura*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Kaphapittashamaka*	α-Santalol, β-Santalol, santalenes – Anti-inflammatory, antimicrobial, antioxidant potential.
19.	*Usheera*	*Tikta, Madhura*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Pittashamaka*	Khusimol, vetivones, vetiverols – Antioxidant, antimicrobial potential.
20.	*Ela*	*Katu, Madhura*	*Laghu, Ruksha*	*Ushna*	*Madhura*	*Kaphavatahara*	1,8-Cineole, α-terpinyl acetate, limonene, linalool – Antioxidant, antimicrobial, digestive effects.
21.	*Madhuka*	*Madhura, Kashaya*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Triterpenoid saponins, flavonoids, sterols, fatty acids – Antioxidant, anti-inflammatory potential.
22.	*Shali*	*Madhura*	*Laghu, Snigdha*	*Sheeta*	*Madhura*	*Tridoshaghna*	Starch, proteins, lipids, γ-oryzanol, tocopherols – Nutritional energy; antioxidant activity of bran components.

23.	*Kasha*	*Madhura, Kashaya*	*Laghu, Ruksha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Sugars, phenolic compounds, flavonoids – Antioxidant potential.
24.	*Darbha*	*Madhura, Kashaya*	*Laghu, Ruksha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Phenolic compounds, flavonoids – Antioxidant, antimicrobial potential.
25.	*Ikshu*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Sucrose, glucose, fructose, phenolic acids – Nutritional energy; antioxidant potential.
26.	*Jivanti*	*Madhura, Tikta*	*Laghu, Ruksha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Flavonoids, sterols, triterpenoids – Antioxidant, anti-inflammatory potential.
27.	*Meda*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Constituents depend on authenticated species – Requires species-specific verification.
28.	*Riddhi*	*Madhura*	*Laghu, Snigdha*	*Sheeta*	*Madhura*	*Tridoshaghna*	Species-specific constituents require verification – Pharmacological activity insufficiently established.
29.	*Shatavari*	*Madhura, Tikta*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Shatavarins, steroidal saponins, sarsasapogenin-related compounds – Antioxidant, anti-inflammatory, gastroprotective potential.
30.	*Vira*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	-
31.	*Kakoli*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	-
32.	*Kshirakakoli*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	-
33.	*Kaseruka*	*Madhura, Kashaya*	*Laghu, Ruksha*	*Sheeta*	*Madhura*	*Kaphapittashamaka*	-
34.	*Sitopala*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Tridoshaghna*	Sucrose – Provides dietary energy; not a botanical drug.
35.	*Jivaka*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	-
36.	*Prapaundarika*	*Madhura, Tikta*	*Laghu, Ruksha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	-
37.	*Kamala*	*Kashaya, Tikta, Madhura*	*Laghu, Snigdha*	*Sheeta*	*Madhura*	*Kaphapittashamaka*	Nuciferine, neferine, flavonoids, kaempferol derivatives – Antioxidant, anti-inflammatory potential.
38.	*Utpala*	*Tikta, Kashaya, Madhura*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Pittakaphashamaka*	Flavonoids, phenolic compounds, species-dependent alkaloids – Antioxidant, anti-inflammatory potential.
39.	*Lodhra*	*Kashaya*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Kaphapittashamaka*	Tannins, flavonoids, polyphenols – Astringent, antioxidant potential.
40.	*Atmagupt*	*Madhura,*	*Guru,*	*Ushna*	*Madhura*	*Vata-*	L-DOPA, alkaloids, phenolic

	a	*Tikta*	*Snigdha*			*Pittashamaka*	compounds – Dopamine precursor activity; neurological pharmacological relevance.
41.	*Madhuka*	*Madhura, Kashaya*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Triterpenoids, saponins, sterols, fatty acids – Antioxidant, anti-inflammatory potential.
42.	*Vidari*	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vata-Pittashamaka*	Puerarin, isoflavonoids, starch – Antioxidant, anti-inflammatory potential.
43.	*Munjataka*	*Tikta, Kashaya*	*Laghu, Ruksha*	*Sheeta*	*Katu*	*Kaphapittashamaka*	-
44.	*Kesara*	*Tikta, Kashaya, Madhura*	*Laghu, Ruksha*	*Ushna*	*Madhura*	*Tridoshaghna*	crocetin, picrocrocin, safranal– Antioxidant, anti-inflammatory potential.

Method of Preparation

Preparation of the *Basti*[8]

Madhu should be added first in the mortar then addition of *Saindhava. Madhu* addition in starting is considered as auspicious. For ensuring the complete blending of mixture it is stirred continuously. For achieving a smooth consistency *Taila* should be added in an appropriate amount while stirring After this *Kalka* should be added. Bit by bit addition of *Kwatha* while stirring leads to its thorough mixing. After the addition of *Avapa* this mixture is filtered by the help of a fine sieve. Lastly, it is made lukewarm by putting it in the hot water for administration.

Characteristics of a well prepared *Basti Dravya*[9]

The prepared mixture should exhibit some specific features - it should have this consistency that it will not flow out from the hand, it should also not stick into hands or remain stationary in it. Mixture should be homogeneous, smooth and does not exhibit the separation of substances.

DISCUSSION

Chandanadi Niruha Basti is a classical polyherbal formulation described in *Charaka Samhita, Siddhi Sthana,* with an indication that includes *Pradara Roga*. The formulation combines a decoction of medicinal drugs with *Ksheera*, a paste of additional herbal ingredients, *Ghrita, Madhu*, and *Saindhava*. This combination reflects the classical approach of formulating *Basti Dravya* by incorporating multiple ingredients with different properties.

From the Ayurvedic perspective, *Pradara Roga* may involve different *Dosha* patterns and clinical presentations. In cases characterized by excessive bleeding, the assessment of *Pitta* and *Rakta*, along with the patient's overall condition and underlying *Samprapti*, becomes particularly relevant. The inclusion of *Chandanadi Niruha Basti* in the classical description of disorders associated with aggravated *Pitta* provides a textual basis for studying its potential role in *Pradara Roga*.

The formulation contains several drugs traditionally described in Ayurveda as having *Pitta-Shamana, Raktaprasadana, Stambhana, Balya,* or related properties. However, the specific pharmacological actions attributed to individual ingredients should be established from authoritative Ayurvedic sources, and their contribution to the combined formulation should not be assumed solely from the presence of those drugs.

CONCLUSION

Chandanadi Niruha Basti, described in *Charaka Samhita, Siddhi Sthana,* represents a classical Ayurvedic formulation whose stated indications include *Pradara Roga* and several other disorders associated with aggravated *Pitta*. Its composition includes multiple medicinal drugs, medicated *Ksheera*, *Kalka, Ghrita, Madhu*, and *Saindhava*.

The majority of drugs used in *Chandanadi Niruha Basti* possess *Madhura Rasa, Laghu* and *Snigdha Guna, Sheeta Veerya*, and *Madhura Vipaka*. Furthermore, the predominance of *Pitta-shamaka* properties among these drugs may contribute to the therapeutic effect of this *Basti* in the management of *Pradara*.

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