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Detoxification With Basti

There is an ancient technique used in India for cleansing the colon called “basti”. This word simply means enema. Instead of using plain water in the enema bag, it is done by using a mixture of oil, honey and salt water with herbs which have the effect of gently nourishing and tonifying the colon. This causes drainage through the tissues of the colon into the rectum where the waste products of the body that are an accumulation of toxic material can be expelled. Done on a daily basis this becomes a powerful technique to cleanse and strengthen the system during a detoxification process. This technique should be done under a doctor’s supervision because after a few weeks, it should be done not more than once a week. Over use of this basti formula can irritate the membranes of the colon.

Technique:

Mix: anise 2 table spoons, 1/2 teaspoon sea salt, 3 cups water. Simmer 20 minutes and strain. Add 2 oz. sesame oil, 2 oz. honey, 1/2 oz castor oil. Cool to body temperature. Mix all ingredients thoroughly.

When luke warm, pour into an enema bag. Recline on the floor (a bathtub filled with 4 inches of warm water is an even better plan) and insert the enema nozzle into the rectum. Slowly let the contents flow into the rectum and retain the entire contents as long as possible. If there is a forcible bowel contraction then evacuate when necessary. Some people need to add more water to the mixture because of the strong, hyperosmolar nature of the formula. The initial application of this procedure will be foreign and uncomfortable for a few days but then you will get the hang of it.

Make sure to properly clean the enema bag after each use, bleach the tube and nozzle.