

Basti Instructions

Equipment Checklist

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| -2 cup measuring cup | -basti herb mixture | -towel for the floor |
| -Mesh strainer | -recommended oil | -clock or timer |
| -Funnel | -basti bag and tube | -sheet or blanket |

Preparation

1. Bring the recommended basti herbal mixture to a boil in the recommended amount of water.
2. Boil for 5 minutes, or according to specific instructions.
3. Stay with the boiling solution, as it can boil over easily and water valuable herbs.
4. Cool to a comfortably warm temperature.
5. Strain through a strainer into a measuring cup.
6. Add the recommended oil and mix well in blender.
7. *Check to be sure the basti bags' tube clamp at the tip of the tube is clamped CLOSED.*
8. Pour your basti tea/oil mixture into the basti bag, using the funnel if needed.
9. Move into the bathroom.
10. Hang the basti bag from a doorknob or hook.
11. Lay out you "basti bed" for you to recline on.

Administration

1. Recline on your left side.
2. Coat the tip of the basti bag tube and rectum with some oil prior to insertion. Insert the tip gently into the anus approximately 2-3 inches.
3. Lay on the left side to receive content of basti bag.
4. Release the clamp half open on the basti bag tube to allow the solution to flow *slowly* into you body up to the full amount you can retain.
5. If you begin to feel discomfort or feel distended, clamp off the flow. When discomfort passes, release the clamp, allowing the remaining content of the bag to flow *slowly* into the rectum.
6. If you feel a mild to medium urge to evacuate, breathe through the mouth into the belly, relax and retain. If the urge is compelling, get up and release into the commode.

7. If possible, hold 15-20 minutes on your right side. If you can hold longer, rest again on your back.
8. NOTE: 15-20 minutes is a guideline. This may vary with each individual.
9. When ready, empty your retained fluids into the toilet and flush.

Highly recommended

After basti, a residual amount of oil or liquid may remain in the body, and it may be released unexpectedly at a later time. This may happen at inopportune times, and can stain your clothing or a chair seat, causing embarrassment. I recommend you place a panty liner pad at the appropriate location in your underwear to absorb and accidental leakage.



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