

At-Home Matra Basti Guide

Important:

- Always check with your medical provider before starting.
- Use only pure, warm medicated oil recommended for Basti (e.g., sesame oil infused with herbs).
- Never force anything. Stop immediately if you feel pain, discomfort, or bleeding.
- Use clean equipment and maintain hygiene to avoid infection.

Supplies You'll Need:

- oil (about 1-2.5 oz) warmed to body temperature (not hot)
- A small, clean, soft rubber or silicone enema bulb or syringe with a smooth tip (avoid anything sharp or hard).
- Hygienic absorption pad for underwear lining.
- A clean towel or mat



Step-by-Step Instructions:

- 1. Prepare the oil:** Warm the oil gently by placing the container in warm water. Test the temperature on your wrist to ensure it's comfortable (around body temperature).
- 2. Prepare your equipment:** Fill the enema bulb or syringe with the warm oil. Lubricate the tip generously with oil or a gentle lubricant.
- 3. Find a comfortable position:** Lie on your left side with your right knee bent toward your chest. This helps the oil flow naturally into the colon.
- 4. Remove air from the syringe:** Slowly press the syringe plunger to push out any air in the syringe and tubing. This helps prevent air from entering your colon and makes the process more comfortable.
- 5. Relax:** Take a few deep breaths to relax your abdominal and anal muscles. Relaxation helps ease insertion and oil retention.
- 6. Gently insert the nozzle:** Slowly and carefully insert the lubricated tip about 2-4 inches into the anus. Do NOT force it if you feel resistance or pain.
- 7. Administer the oil:** Gently squeeze the bulb or syringe to release the oil slowly into the rectum. Try to go at a comfortable pace.
- 8. Elevate the hips:** Lie on your back and use a firm pillow on a bed, or a yoga block if on the floor, to elevate the hips for 10 minutes.
- 9. Avoid Activity:** It's best to rest gently for a few hours.
- 10. Aftercare:** Hold the oil in as long as it feels comfortable—there's no need to strain or force it. When your body signals it's time to release, go to the toilet naturally. If you feel you might pass gas, it's a good idea to be near the bathroom, as some oil may come out with it.

