

A Holistic Approach of Ayurvedic Management of Vibandha with Special Reference to Constipation

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Abstract: Constipation may be defined as decrease in volume, frequency or fluidity of stool. However, passage of hard stools, excessive straining and associated lower abdominal pain and fullness would suggest severe constipation. The constipation is more prevalence in old age but it affects on all age groups. Women are more affecting as compare to men. It is estimate that globally 2% to 27% of population affects with constipation that is a significant portion of population effects on it. In worldwide report that 12% of population report self - defined constipation with higher prevalence in some regions like Asia - Pacific and the Americas compared to Europe. Constipation is also more commonly in older adults and estimating a prevalence of 30% for adults over 65 years old. In Ayurveda, Constipation is corelated by the Vibandha, which is the causes of the vitiation of dosha i. e. Apana Vayu and Purishavaha Shroto dusti lakshan produce vibandha. Constipation which is produce due to the indigestion, overeating, bacterial infection, Tainted foods etc are the potential causes. The chronic causes due to elder age and decrease of the tone of sphincter muscles and the other medical conditions such as piles, hemorrhoidal tissue etc. In Vibandha produce due to agni dushu and ama formation with parkupitta vata enter into pakvashaya due to the Nidhana sewana and produce dried up the mala causing the stool firm and produce constipation. The Ayurvedic management of vibhanda by changing dietary habits, proper wholesome water intake, changing of life style habit i. e. sedentary lifestyle to be change, ayurvedic medicine, pathya - apathya, exercise and yoga.

Keywords: Vibandha, Straining, Purishavaha, Sphincter, Nidhana, Sedentary

1. Introduction

Constipation is a common problem may be due to change of life style including sedentary habit, Junk food, Stress, Pollution, adulterated food etc. Constipation may be defined as infrequent stools in which are fewer than 3 in a week, hard stools, excessive staining or a sense of incomplete evacuation.

2. Causes of Constipation

a) Most common

- Inadequate green vegetables, fiber and fluid intake.
- Irregular bowel habit.
- Excessive intake of meat, dry and spicy foods.
- Suppression of natural urges.

b) Systemic disease

- Endocrine: Diabetes mellitus, Hypothyroidism
- Metabolic: Uremia, Hypokalemia, Hypercalcemia
- Neurologic: Paraplegia, Sacral nerve damage, autonomic neuropathy, Parkinson's multiple sclerosis, neurologic gut dysfunction.

c) Medication

- Opioids, NSAID, Sucralfate, Diuretics, Calcium Channel Blockers.
- Calcium & Iron supplements, Clonidine, Cholestamine
- Anticholinergic, Psychotropic drugs

d) Structural Abnormalities

- Anorectal: Rectal prolapsed, Rectocele, Anorectal Stricture, Anal fissure, Rectal Ulcer etc.
- Colonic mass with obstruction: Adeno - carcinoma
- Colonic Stricture: Diverticulosis

- Hirschsprung's disease
- Idiopathic megarectum

e) Slow Colonic Transit

- Idiopathic
- Psychogenic

f) Others

- Pelvic Floor Dysfunction
- Irritable Bowel Syndrome

Clinical Features

- 1) No or less defecation or incomplete evacuation.
- 2) Dry & Hard defecation.
- 3) Heaviness and fullness of lower abdomen.
- 4) Pain in lower abdomen.
- 5) Headache
- 6) Pain in anal orifice
- 7) Loss of appetite

Investigation

- 1) Stool RE, Testing for occult blood
- 2) Blood examination – CBC, Blood Sugar (Fasting/Random/PP), Serum Electrolytes, Calcium, TSH
- 3) Digital rectal examination to assess for anatomic abnormalities such as rectal prolapsed, rectocele, anorectal stricture, anal fissure, rectal ulcer etc.
- 4) Colonoscopy / Sigmoidoscopy and Barium enema i. e. to exclude neoplasm, obstruction, stricture or inflammatory bowel disease.

Complication

- a) Piles
- b) Fissures
- c) Prolapse

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- d) Hernia
- e) Headache
- f) Hypertension

Treatment

- 1) Proper dietary fluid and fiber intake should be emphasized.
- 2) Physical activities should be increased.
- 3) Yoga, Pranayam, Kapal Bhati, Anulom Vilom is helpful.
- 4) Green vegetables, fruits such as papaya, Apple etc, Salad should be taken regularly.
- 5) Avoid suppression of natural urges.
- 6) Should not take excessive bakery items, junk food, oily, spicy & fried foods and meat.

Medicines

- 1) Triphala Churna – 5 gm to 10 gm at bed time with warm water glass.
- 2) Panchasakar Churna / Swadist Virechan Churna – 3 gm to 6 gm at bed time with warm water glass.
- 3) Avipattikar Churna / Haritaki Churna / Vaishyanur Churna – 3 gm to 6 gm twice with warm water glass.
- 4) Kabja - Har Churna – 3 gm to 6 gm twice with warm water glass.
- 5) Eranda Pak – 1 t. s. f. at bed time with warm water.
- 6) Eranda Taila – 10 to 20 ml at bed time with milk.
- 7) Abhayarista / Draksasava / Kumaryasava – 20 ml twice daily after meals with warm water.
- 8) Icchabhedi Rasa – 1 to 2 Tablet at bed time with cold water (SOS).

Pharmaceutical Products

- 1) Herbolax / Nityam – 2 capsules ½ Hr before dinner with warm water.
- 2) Laxvit / Nature Care / Softovac – 1 to 2 tsf daily bed time with warm ½ glass of water.
- 3) Liv – 52/ Liv – 52 DS – 1 Tablet twice a day before meal.
- 4) Amycure DS / Redliv DS / LivHB Plus/ Liv 52 Hb – 1 Capsule twice a day before meal.
- 5) Stivil – 2 tsf twice a day before meal.

Home Remedies

- 1) Isopgol Husk – 1 to 2 tsf daily bed time with Luke warm water glass.
- 2) A glass of warm milk daily at bed time
- 3) Triphala decoction – 50 ml daily at bed time.
- 4) Bilva (Aegle Marmelos) powder or juice daily morning in empty stomach.
- 5) Ajwain and Black salt after meals.

Yoga

- 1) There are a number of asanas and pranayamas in yoga - like the child pose or Balasana and Kapal Bhati pranayama, which can alleviate indigestion, gas, and flatulence. These yoga postures also help in bowel movement. The Boat pose which is done by stretching your legs and arms straight out parallel in front of you and then raising legs so toes are above eye level is very good for stomach disorders and so is the downward dog pose.

- 2) Tarha, Chakra, Janushira, Mayur, Bhujang, Dhanur, Bhoomi - Pada - Mastak, Supta - Vajra, Karna - Peerha, Pada Hasta, Matsya Asanas.

3. Discussion

Constipation or Vibandha is the condition of pratiloma gati of Apana Vayu produces the laskahana in udavarata i. e. retention of the faces, flatus and urine. The various lakshana such as Anahaa (Obstruction), Admana (Distension), Mala Avastambha (Hardness of Stool). The patient most complaint of constipation or vibhandha have the kruraa kostha due to the happening of the vata dusti and the ruksha guna of vata produces the water absorption and due to water loss, which provide hard lumpy stools.

4. Conclusion

Constipation or vibhandha cure by proper dietary fluid and fiber intake should be Emphasized, Green vegetables, fruits such as papaya, Apple etc, Salad should be taken regularly. Physical activities, Yoga, Pranayam, Kapal Bhati, Anulom Vilom is helpful. Avoid suppression of natural urges and should not take excessive bakery items, junk food, oily, spicy & fried foods and meat. The various Ayurvedic medicine and home remedies are helpful to cure the constipation.

Declaration by Author

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