

ROLE OF AHAR, VIHAR IN ETIOPATHOGENESIS OF VIBANDHA W.S.R. TO
CONSTIPATION -A REVIEW*¹Dr. Shweta Singh JR-2, ²Dr. Deena Nath Singh and ³Dr. Jai Shankar Prasad¹PG Department of Rog Nidan Evum Vikriti Vigyan, Government PG Ayurvedic College and Hospital, Varanasi, Uttar Pradesh 221001.²Assistant Professor, Department of Rog Nidan Evum Vikriti Vigyan, Government PG Ayurvedic College and Hospital, Chaukaghat, Varanasi, Uttar Pradesh 221001.³Assistant Professor, Department of Kriya Sharir, Government PG Ayurvedic College and Hospital, Chaukaghat, Varanasi, Uttar Pradesh 221001.

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ABSTRACT

An obstruction in the fecal flow, known as *vibandha* or Constipation is a condition marked by infrequent bowel movements, leading to the excretion of small amounts of hard and dry stools. Constipation is a disease condition resembling *Vibandha* or *Badhapurish* described in *Ayurveda*. It manifests as a separate entity in diseases like *Udavarta*, whereas it plays a major role in the development of *Samprapti* in diseases like *Kasa* and *Shwasa*. There are no well-known Ayurvedic literature that define *Vibandha* as a separate concept. The modern era, marked by a rapid and demanding way of life, frequently leads people to adopt irregular and harmful habits related to their diet, lifestyle, and waste elimination, which can result in issues like constipation, indigestion, and obesity. *Vibandha* is caused not only by the contamination of *Pureeshavahasrotas* but also by the dysfunction of *Apanavata* along with *Agnimandya*. Agni plays a crucial role in creating *Pakwa Mala*, while *Agnimandya* is considered as the main factor contributing to *Vibandha*. This issue arises from various factors, with three primary causes being dietary, mental, and lifestyle influences. It considerably impacts the quality of life, social interactions, and the ability to carry out daily activities. Despite appropriate adjustments to these habits and reassurance, patients frequently struggle to resolve their constipation issues. Therefore, there is a necessity to explore convenient food-based, natural, and drug-related alternatives as potential solutions for constipation.

KEYWORDS: *Vibandha*, Constipation, *Mal-vibandha*, *Badhapurish*.

INTRODUCTION

In *Ayurveda*, the concept of "*Vibandha*" originates from "*Vi*" and "*bandha*," representing the binding of stool. Other contextual references of *Vibandha* refer to 'To bind' or 'to encircle'. *Vibandha* is the Ayurvedic term for *Apravrutti*, according to *Shabdakosh*. The *Ayurvedic* texts do not specifically describe the condition referred to as *Vibandha*. The body's primary composition consists of *Dosha*, *Dhatu*, and *Mala*. *Vida*, *Varha*, or *Purisha* (Stool) and *Mutra* (Urine) are the byproducts of *Anna* (food), which refers to the residue formed at the conclusion of digestion and metabolic processes known as *Malas*. The body eliminates waste products through a process known as excretion. If these waste materials linger in the body for an extended period, they can disrupt the balance of the *Dosha*, resulting in a condition called *Sroto Sanga*, which manifests as constipation. This occurs due to several contributing factors, with three primary ones being dietary, mental, and lifestyle.

Vibandha (constipation) is not categorized as a separate disease entity. Typically, in cases involving *Annavaha* and *Purishvaha Srotovikriti*, it is regarded as a symptom. *Vibandha* can occur as a complication following *Vamana* and *Virechana* therapies. Moreover, *Vibandha* might signify *Parikartika* (anal fissure), a potential side effect linked to *Sansodhan* (*Vamana* or *Virechana*) in the context of *Ajirna*. It may also be a complication resulting from acute hemostasis in *Raktarsha* (hemorrhoids) and is categorized as an *Apatarpanjanya roga* (disease arising from nutritional deficiencies). One of the most prevalent clinical diseases is *Vibandha*, which manifests as hard stool, infrequent bowel motions, and difficulty defecating. *Ayurveda* does not directly and explicitly describe *Vibandha* as a sickness; instead, it describes many forms of *Purisha* (faeces), such as *Ghana Purisha/Grathita* and *Baddha Purisha*. Various *Ayurvedic* contexts contain *Purisha*, *Sushka Purisha*, and *Malaavabaddhata*, which might be interpreted as diverse

Vibandha manifestations. *Vibandha* is a common symptom in the majority of *Annavaha* and *Purishavahasrotovikaras* and arises from the vitiation of *Apanavata*. *Sanga*, or an impediment in the flow of excrement, is referred to as *Vibandha/Baddapureesha*. *Sanga* serves as a functional indicator of *Srotodusti*, namely *Pureeshavaha Srothodusti*. Among its symptoms are the inability to easily expel a small amount of feces or the removal of a large amount of watery stool with discomfort and loudness. The fast-paced, demanding lifestyle of the modern era frequently leads people to engage in unhealthy eating, behavior, and excretion patterns, which can lead to a number of problems like obesity, indigestion, and constipation.

Vibandha may result from the malfunction of *Apanavata* in combination with *Agnimandya*, in addition to the impurity of *Pureeshavahasrotas*. Since *Agni* is in charge of *Pakwa Mala*'s development, *Agnimandya* is thought to be the main cause of *Vibandha*. *Agni* thus takes on a crucial function in *Vibandha*. *Vibandha* is linked to constipation in *Ayurveda*.

Acute or chronic constipation is typified by hard, dry, and infrequent stools that are uncomfortable or challenging to pass. Its pathophysiology is complex, and patient habits frequently reveal contributing and modifiable causes, including inadequate roughage intake, inactivity, suppression of urges to defecate at

inconvenient times, insufficient time for complete defecation, and prolonged travel. Therefore, the definition and etiology of the disease are still the same in modern science.

CONSTIPATION

Detailed Rome IV Criteria for Functional Constipation

1). Symptom Presence: Must include two or more of the following symptoms for at least 25% of defecations:

- Straining during defecation
- Lumpy or hard stools (Bristol Stool Form Scale 1-2)
- Sensation of incomplete evacuation after defecation
- Sensation of anorectal obstruction or blockage
- Manual maneuvers (e.g., digital evacuation, support of the pelvic floor) to facilitate defecation

2). Fewer than three spontaneous bowel movements per week: Fewer than three spontaneous bowel movements per week.

3). Rare Loose Stools: Loose stools are rarely present without the use of laxatives.

4). Duration: The symptoms must have been present for at least 6 months.

5). Exclusion of other conditions: The patient must also not meet the criteria for other gastrointestinal disorders, such as Irritable Bowel Syndrome with constipation.

Bristol stool form scale



Kostha Vs Vibandha

There are three different kinds of bowels (*Kostha*): *Madhyama* (middle), *Krura* (hard), and *Mridu* (soft). In contrast to the hard bowels, which are mostly *Vata* and *Kapha* and are difficult to purge, the medium bowels are moderate due to their balanced *Doshas*. The soft bowels are abundant in *Pitta* and can even be cleansed by milk. *Acharya Sharangadhara* defines a person with more *Pitta* as having a mild alimentary canal (*Mridu koshta*), a person with more *Kapha* as having a medium alimentary canal (*Madhyama Kostha*), and a person with more *vata* as having a wild alimentary canal (*Krura kostha*) and experiencing *Vibandha* (Constipation).

Description of Vibandha in Ayurveda

Vamana and *Virechana's* vyapad is *Vibandha*. It is a sign of *Parikartika* (ano fissure) and a side effect of *Sansodhan* (*Vamana* or *Virechana*) in *Ajirna*. It is one of the problems of acute haemostasis in *Raktarsha* (bleeding piles) and is known as *Apatarpanjanya Roga* (diseases induced by nutritional deficiencies).

Presentation of Vibandha in Ayurveda

Vibandha is presented in *Ayurveda* with different terms at different places like *Baddha Purisha*, *Ghan Purisha* / *Grathit Purisha*, *Sushka Purisha*, *Stoka Purisha*.

Type of presentation of Purisha in Ayurveda	Causes
<i>Shushka Purisha</i>	<i>Udavarta, Vataj Grahani Dosha</i>
<i>Stoka Purisha</i>	<i>Vaataj Arsha</i>
<i>Ghan Purisha / Grathit Purisha</i>	<i>Grahani Vataj Arsha</i>
<i>Baddha Purisha</i>	<i>Ajirna Lakshana, Vistabdhajirna, Alasaka, Pravridha Amavata Purishaja Anaha, Arsha Purvaroop, Vataj Arsha, Vataj Atisara, Atisara Purvaroop, Gudagat Vata, Gulma Roga, Antarvega Jwara, Sannipataja Jwar Vataja Jwara, Kapha avrita Sa-amaan, Kosthashrita Vata, Kostha Vrana, Purishaja Krimi, Pandu Ashadhyak Lakshan, Paramad, Vataj Parinama shoola, Vataja Prameha Upadrav, Sannirudha, Kaphaja Shoola, Vataj Shoola, Mahashwasha, Baddhagudodar, Udar Roga Lakshana, Purishaja Udavarta, Vataj Udavarta, Kosta gata Vata, Pakvashayagat Vata, Vata vyadhi Upadrava, Vistabdhajirna</i>

Vibandha is mentioned as a Symptom in *Nidana Purvaroop* and *roopa* of many diseases in texts.

<i>Nidana</i>	<i>Hikka</i> (hiccups), <i>swasa</i> (dyspnoea), <i>Udavartha</i> (retrograde intestinal movements), <i>Parikarthika</i> (anal fissure), <i>Arshas</i> (hemorrhoids)
<i>Purvaroop</i>	<i>Arshas, Parikarthika, Swasa</i>
<i>Rupa</i>	<i>Antarvegijwara</i> (sub type of fever), <i>Sannipatajwara</i> . (Fever due to vitiation of all three <i>dosha</i>), <i>Vatajagulma</i> (subtype of abdominal mass), <i>Vatodara, Baddhagudodara, sahaja Arshas</i> (congenital hemorrhoids), <i>Vaataja Arshas</i> (sub type of hemorrhoids), <i>Vaataja Atisara</i> (subtype of diarrhea), <i>Udavarta, Amashayagatavata, Pakvashayagata vata, Mala Avrutavata, Anaha, Arshas, Ksheeralasaka</i> (lactose intolerance), <i>Vatadushtastanya</i> (breas milk vitiation due to <i>vata dosha</i>), <i>Phenasanghatastanya</i> (milk with Froathy quality), <i>Kashaya rasa pradhanastanya</i> (milk with excessive astringent taste).
<i>Updrava</i>	<i>Vaatavyadhi</i> (diseases related to <i>Vata</i>)

Nidana of Vibandha

According to the cardinal manifestation, the primary *Dosha* involved, and the etiological variables, *Vibandha* can be classified as a *Pakwashayagata* disease with a *Vata dosha* predominance. Therefore, the causes of *Vibandha* are thought to be the same as those that cause *Vata* and *Agni* to become vitiated. Below are some etiological reasons for *Vibandha*.

Rasa:- *Katu* (acid), *Tikta* (bitter), *Kashaya* (astringent)

Guna:- *Ruksha* (dry), *Guru* (heavy), *sheeta* (cold), *vidahi*, (causes burning sensation), *Abhishyanda*, *sushka* (dry)

Ahara:- *Patrashaka* (leafy vegetables), *Viruddha* (sprouts), *Nava shooka*, (newly harvested cereals), *Shushka shaka* (dry leafy vegetables), *Na bhrishtashaaka* (unfried leafy vegetables), *Guru phala*, (Fruits which are heavy to digest).

Vihara :- *Vega sandharana* (withholding urges), *Ratri*

Samprapti

Nidana ----->>>*Agni dushti*----->>>*Ama*
formation----->>>*Srotorodh*----->>>*Apanavata*
vaigunya----->>>*Affects malasanchaya*

OR

Nidana----->>>*Vataprakopa + Agnidushti*----->>>*Anaha, Atopa, Adhman*
----->>>*Apanavatavaigunya*----->>>*ruksha, kharguna vridhhi in pakwashaya*
----->>>*Mala sushkata*----->>>*Vibandha*

Samprapti Ghatak

<i>Dosha</i>	<i>Apana Vayu</i>
<i>Dushya</i>	<i>Mala</i>
<i>Agni</i>	<i>Jathragni</i>
<i>Srotas</i>	<i>Annavaaha, Pureeshavaha</i>
<i>Srotodushti</i>	<i>Sanga</i>
<i>Udbhavasthana</i>	<i>Amashaya</i>
<i>Vyaktasthana</i>	<i>Pakwashaya, Sarvasharir</i>
<i>Sadhyaasadhyata</i>	<i>Sukhsadhya</i>

Role of Ahar in causing Vibandha

As mentioned above excessive intake of *Katu*, *Tikta*, *Kashaya Rasa Ahar* and excessive intake of *Ruksha*, *Guru*, *sheeta*, *vidahi*, *Abhishyanda*, *Sushka Guna Ahar*, *Patrashaka*, *Viruddha*, *Nava Shooka*, *Shushkashaka*, *Na bhrishtashaaka*, *Guru Phala* causes *Vibandha*.

A diet which is low in fibre can lead to constipation because fibre helps to add bulk to stool and promote regular bowel movements. Dairy products also play a significant role in constipation in the people who have lactose intolerance or sensitivity to dairy proteins.

Pocessed foods are higher in sugar, salt, unhealthy fat and low in fiber and high in ingredients that can slow down digestion. Fried food are difficult to digest and they slow down bowel movement. Also not drinking enough water can lead to constipation as water helps to soften and moves stool through the digestive system.

jagarana (awakening at night)

Manas :- *Shoka*(grief), *Bhaya*(fear)

Ashana:- *Abhojana* (not taking food), *Adhyaashana* (eating food before the digestion of prior food), *Vishamaashana*(Abnormal and untimely eating habits), *Asaatmyabhojana* (non-accustomed food), *Viruddhaaahara* (incompatible food), *Atyashana* (excessive intake), *Alpa bhojana*(less intake), *Alpajalapana*(less water intake)

Purvaroop

Agnimandya(indigestion), *aruchi*, (anorexia), *bhaktadwesa* (aversion towards feed), *klama*(fatigue), *adhmana* (tympanites), *antrakoojana*, *arathi* (dullness).

Rupa/Lakshana

Purisha nigraha, *Pakwashaya shoola*, *Pindikaodvestana*, *Shirashoola*, *Vatavarcha apravrutti*, *Adhamana*, *Pratishaya Hrdavarodha*, *Parikartika*.

Consuming high amount of refined carbohydrates, such as white bread and pasta can lead to constipation.

Role of Vihar in causing Constipation

As mentioned in texts *Vega sandharana* (ignoring urge of bowel movement) and *Ratri jagarana* plays an important role in causing *Vibandha*. Along with these other causes includes *Avyayam* (Lack of physical exercise), *Diwaswapna*, *Ratrijagran* and *Ativyavaya* causes disturbance in digestive metabolism hence causes *Vibandha*.

Here some mental factors that can also play an imp role in producing *Vibandha* which are *Atichinta* (Excessive stress), *Atishoka*(Excessive sadness), *Alasya* (Laziness), *Krodha*, *Atikshobha*, stress and anxiety, emotional suppression, depression. They play a significant role in causing Constipation by the process of Gut Brain axis connection means the gut and brain are connected by the vagus nerve and stress can affect the gut function. Neurotransmitters such as serotonin plays a role in regulating bowel movements and mood.

Motility factors of gastrointestinal tract are also responsible for causing Vibandha

- Slow transit
- Irritable bowel syndrome
- Drugs (given in non-gastrointestinal causes)
- Intestinal Obstruction and Pseudo-Obstruction

Structural factors of gastrointestinal tract responsible for causing Vibandha

- Colonic carcinoma,
- Megacolon e.g., Congenital or acquired
- Diverticulosis of colon.

Some Defecatory disorders includes

Obstructive, Anorectal Disease e.g., fissure, piles

Non gastrointestinal causes includes

- Drugs
- Opiates
- Calcium antagonists
- Iron Supplements
- Anticholinergics
- Aluminium containing antacids

Neurological causes includes

- Multiple Sclerosis
- Parkinsonism
- Spinal Cord Disease
- C V A
- Autonomic neuropathy

Metabolic/endocrine causes includes

- Diabetes mellitus
- Pregnancy
- Hypocalcaemia
- Amyloidosis
- Hypothyroidism

Others

- Schizophrenia
- Depression

Pathya in Vibandha

- Sidhu* (made of uncooked juice).
- Phala varga*: *Matulunga* (Citrus medica), *jambira*, Grape is laxative.
- Shaka varga*: *Pushpa phala* (*Kushmanda*), *alabu*, *kalinda*.
- Harita varga*: Plant that is use in salad form.
- Ginger juice cures *Vibandha*(Constipation).
- Vatahara madira Sauviraka* and *Tushudaka* and *sour kanji* are laxative.
- Sauvarcala* (black salt with smell) is light in digestion, alleviates constipation.
- Vibandha*(Constipation) is instantaneously cured by the administration of *Bhallataka*, *Rasona* (garlic) is laxative.

Apathya in Vibandha

Anna- Masha, Chanaka, Mudga etc. all beans; Kodrava, Shyamaka Shaka- Vetrashaka, Sunishannaka, Dugdika, Atasi, Gangeruki, Karkataka Mamsa- Paravata Madya- Shukta, Kanji, Aarnala, Tushodaka Phala- Karkandhu, Kapittha, Lakucha, Bilva (raw)

Management

Hence by the above mentioned causes of constipation

here is a need to manage the constipation by elimination of etiological factors. Treatment of constipation which having cause to hold defecation urge is - fomentation, massage, tub bath, suppositories and enema should be given and one should take foods and drinks which are laxative in nature. Some dietary adjustment and behavioral therapy are also responsible for the treatment of Different types of laxatives and purgatives are also mentioned in *Ayurveda* for treating the constipation.

CONCLUSION

Vibandha is a condition that arises when *Agnimandya* and *Vata Dosha*, especially *Apana Vata* are disturbed. The *Ayurvedic* literature describe *Vibandha* as a Symptom or a complication linked to a number of illness rather than as a separate sickness itself. The main causes of *Vibandha* are *Vata Prakopaka Ahar* and *Vihar*. This could be understood as poor lifestyle and food choices along with ongoing mental tension that causes *Agni* and *Apanvata* to get disrupted. The pathophysiology of *Vibandha* is continuously associated with *Agnimandya* and *Apanvata Dushti* along with *Samana Vata*, *Avlambaka Kapha* and *Pachak Pitta* dysfunction. Constipation is relieved and future issues are avoided with early management, dietary changes such as eating more fibre rich food.

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